

# Cool Me Down (P)

COPPER KNOB  
BY STEPHENETS

拍数: 40      墙数: 0      级数: Partner  
编舞者: Allan Mitchell & Patricia Mitchell  
音乐: Cool Me Down - Jenai



**Position: Start in open right side by side position facing LOD. Mirror image throughout unless stated**

## STEP PIVOT ½, TRIPLE ½ TURN, ROCK BACK, SHUFFLE FORWARD

1-2            Right step forward, pivot ½ turn left & left step forward. (release hands)  
3&4           Triple ½ turn left stepping right, left, right. (back into open right side by side, facing LOD)  
5-6           Left step back, rock forward onto right  
7&8           Left shuffle forward stepping left, right, left

## SIDE, TOGETHER, SIDE SHUFFLE, TOUCH, FULL TURN, TOUCH

1-2            Right step side right (release hands) left step beside right, (lady passing in front of man)  
3&4           Right step side right, left step beside right. Right step side right. (briefly take up hands)  
5-8           Left step ¼ left, right step back ½ turn left, left step side ¼ left, right touch beside left

**Lady turning right in front of man. Briefly take up hands**

## SIDE, TOGETHER, SIDE SHUFFLE, TOUCH, ¾ TURN, STEP

1-2            Right step side right (release hands) left step beside right, (lady passing in front of man)  
3&4           Right step side right, left step beside right. Right step side right  
5-8           Left step ¼ left, right step side ¼ left, left step side ¼ left, right step beside left

**Lady turning right in front of man to face each other, taking up double hand hold**

## CROSS ROCK TWICE, ROCK FORWARD & BACK

1&2            Left step across right, rock back onto right, left step side left  
**Lady cross rock back so mans left shoulder moves towards lady's left shoulder**  
3&4            Right step across left, rock back onto left, right step side right  
**Lady cross rock back so mans right shoulder moves towards lady's right shoulder**  
5&6           Left step forward, rock back onto right, left step beside right  
**Lady rocks back**  
7&8           Right step back, rock forward onto left, right step beside left  
**Lady rocks forward**

## MAN ¼ TURN LEFT, LADY 1¼ TURN RIGHT, SHUFFLE FORWARD X3

1-2            **MAN:** Left step ¼ left, right step forward  
                  **LADY:** Right step ¼ right, make full turn right stepping forward on left

**Man releases lady's right hand and raises her left hand over lady's head**

**Easy option: leave out full turn**

3&4            Left shuffle forward stepping left, right, left  
**Back into open right side by side, facing LOD**  
5&6            Right shuffle forward stepping right, left, right  
**Optional full turn left, lady right, on shuffles**  
7&8            Left shuffle forward stepping left, right, left

**REPEAT**