

Chilling Out

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Gaye Teather (UK)
音乐: Cold Kisses - Steve Holy



RIGHT LOCK FORWARD, ROCK STEP, SHUFFLE ½ TURN LEFT, SWAY RIGHT, LEFT

1&2 Step forward on right foot, lock left behind right, step forward on right
3-4 Rock forward on left foot, recover onto right
5&6 Shuffle ½ turn left stepping left, right, left
7-8 Small step to right on right foot swaying hips right, recover onto left swaying hips left

CHASSE ¼ TURN RIGHT, STEP ¾ TURN RIGHT, CHASSE ¼ LEFT, ½ TURN LEFT, BACK

9&10 Step right foot to right, step left beside right, step right ¼ turn right
11-12 Step forward on left, pivot ¾ turn right
13&14 Step left foot to left, step right beside left, step left ¼ turn left
15-16 Make ½ turn left stepping back on right, step back on left

SWAY ¼ TURN RIGHT, SWAY LEFT, BEHIND-SIDE-CROSS, SIDE LEFT, ¼ TURN RIGHT, LEFT SHUFFLE FORWARD

17-18 Making ¼ turn right sway hips right, sway hips left
19&20 Step right behind left, step left to left, step right over left
21-22 Step left to left side, make ¼ turn right
23&24 Step forward on left, close right beside left, step forward on left

Steps 23&24 can be replaced with a triple full turn stepping left, right, left

FORWARD ROCK, RIGHT COASTER STEP, LEFT HEEL GRIND TURNING ¼ LEFT, LEFT COASTER STEP

25-26 Rock forward on right foot, recover onto left
27&28 Step back on right, close left beside right, step forward on right
29-30 Touch left heel forward, heel grind ¼ turn left keeping weight on right foot
31&32 Step back on left, close right beside left, step forward on left

FORWARD ROCK, RIGHT COASTER STEP, LEFT HEEL GRIND TURNING ¼ LEFT LEFT COASTER STEP

33-40 Repeat steps 25-32

FORWARD ROCK, SHUFFLE ½ TURN RIGHT, FORWARD ROCK, STEP BACK, SLIDE

41-42 Rock forward on right foot, recover onto left
43&44 Shuffle ½ turn right stepping right, left, right
45-46 Rock forward on left foot, recover onto right
47-48 Long step back on left, slide right foot back, touching right toe over left foot

REPEAT