

Be Cool...

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Daniel Whittaker (UK)
音乐: Mockingbird - Carly Simon & James Taylor



TOUCH TWIST, KICK BALL CHANGE, KICK BACK ¼ TURN, ¼ TURN SHUFFLE

1&2 Touch right forward, twist heel right, then center
3&4 Kick right foot forward, step right down, step left down
5-6 Kick right forward, step right back making ¼ turn right
7-8 Touch left beside right, step left forward making ¼ turn left (12:00 wall)

STEP KICK, CROSS BACK CROSS, STEP BACK, SIDE, ROCK STEP

&1 Step right beside left, step forward left
2 Kick right forward
3&4 Cross right over left, step left back, cross right over left
5-8 Step left back, step right side, rock left over right, recover weight back on right foot

CHASSE ROCK, CHASSE ½ TURN, SIDE BEHIND

1&2 Step left to side, close right to left, step left to side
3-4 Rock right over left, recover weight on left
5&6 Step right to side, close left to right, step right ¼ turn right
7-8 ½ turn right as you step left to left side, step right behind left

KICK & CROSS, & ROCK STEP, MODIFIED SAILOR ½ TURN, CROSS HOLD, & CROSS

&1&2 Step left slightly back, kick right foot, step right beside left, cross left over right
3-4 Rock right to right side, recover weight on left
5&6 Step right behind left, make ½ turn right as you step left beside right, cross right over left
7&8 Hold, step left behind right, step right over left

ROCK STEP TRIPLE ¾ TURN LEFT, TOUCH BALL CROSS, CHASSE RIGHT

1-2 Rock left to side, recover weight on right
3&4 Triple step ¾ turn left, right, left
5&6 Touch right beside left, step right to side, step left over right
7&8 Step right to side, step left beside right, step right to side

SAILOR STEP ¼ TURN, WALK RIGHT LEFT TOUCH, STEP BACK, COASTER STEP

1&2 Step left behind right, make ¼ turn left and step right beside left, step forward left foot
3-4 Walk forward right left
5-6 Touch right beside left, step right foot back
7&8 Step left foot back, step right beside left, step forward left

ROCK STEP, CROSS SHUFFLE, ½ TURN, KICK & TOUCH

1-2 Rock right to side, recover weight on left
3&4 Cross right over left, step left to side, cross right over left
5-6 Step left foot ¼ turn right, step right ¼ turn right
7&8 Kick left forward, step left beside right, touch right to right side

SAILOR STEP, ROCK STEP, CHASSE, SWITCH TOUCHES

1&2 Step right behind left, step left beside right, step right to side
3-4 Rock left foot back, recover weight on right
5&6 Step left to side, close right to left, step left to side

7&8&

Touch right toe forward, switch and touch left toe forward, switch and step left beside right

REPEAT
