

C & L In D (aka Cold & Lost in Desperation)

COPPERKNOB
STEPSHEETS

拍数: 32
编舞者: Rene Madsen (DK) - June 2011
音乐: Iridescent - LINKIN PARK

墙数: 2
级数: High Intermediate Smooth



Note: 2 restarts on wall 3 and wall 6 after 16 counts with a little change, look down below ?

[1-8]: Basic L, ¼ L Back, ½ L Fw, Mambo Step, Back, ½ R Fw, ¼ R Rock, Weave

1-2& Step L to L side, step R behind L, cross L over R
3&4& ¼ turn L step R back, ½ turn L step L forward, rock R forward, recover L (3.00)
5-6& Step R back, step L back, ½ turn R step R forward (9.00)
7&8& ¼ R rock L to L side, recover R, step L behind R, step R to R side (12.00)

[9-16]: Cross Sweep, Cross, 1/8 R Back, Back x2, 1/8 R, Fw, ½ R Back Sweep, Press, ½ R fw, ½ R Back, ¼ R, Cross

1-2& Cross L over R as you sweep R from back to front, Cross R over L, 1/8 turn R step L back (1.30)
3&4& Step R back, step L back, 1/8 turn R step R to R side, step L forward (3.00)
5&6 ½ turn L step R back start sweeping L from front to back, ½ turn L continue sweep L forward, Press L forward prep over L shoulder (3.00)
7&8& ½ turn R step R forward, ½ turn R step L back, ¼ turn R step R to R side, (**) cross L over R (6.00)

[17-24]: Side, 1/8L Back, Back, 1/8 L Side, Cross Rock Side, Cross, ¼ L Back, ¼ Sweep, Back Rock, Pivot ½ R

1-2& Step R a big step to R, 1/8 turn L step L back, step R back (4.30)
3&4& 1/8 turn L step L to L side, cross rock R over L, recover L, step R to R side (3.00)
5-6& Cross L over R, ¼ turn L step R back sweeping L from front to back, ¼ turn L continue sweeping L back (9.00)
7&8& Rock L back, recover R, step L forward, ½ turn R step R forward (3.00)

[25-32]: Fw, Fw, ½ R Back, ¼ R, Cross Rock Side, Cross, 1/8 R back, Back, 1/8 R Side, 1/8 R Fw, Fw, 1/8 R Cross

1-2& Step L forward, step R forward, ½ turn R step L back (9.00)
3&4& ¼ turn R step R to R side, cross rock L over R, recover R, step L to L side (12.00)
5-6& Cross R over L, 1/8 turn R step L back, step R back (1.30)
7&8& 1/8 turn R step L behind R, 1/8 turn R step R forward, step L forward, 1/8 turn R cross R over L (6.00)

() TAG / Restart on walls 3 and 6:**

[9-16] Cross Sweep, Cross, 1/8 R Back, Back x2, 1/8 R Side, Fw, ½ R Back Sweep, Press, ½ R fw, ½ R Back, ¼ R, Touch

1-2& Cross L over R sweep R from back to front, Cross R over L, 1/8 turn R step L back
3&4& Step R back, step L back, 1/8 turn R step R to R side, step L forward
5&6 ½ turn L step R back start sweeping L front to back, ½ turn L continue sweep L, Press L forward prep over L shoulder
7&8& ½ turn R step R forward, ½ turn R step L back, ¼ turn R step R to R side, touch L next to R

HOPE YOU ENJOY...

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