

Keep My Cool

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ruth Sims (USA) - June 2016
音樂: Keep My Cool - Madcon



#16 count intro

S1: Step ¼ Flick Pivot, Cross Shuffle, Step, Heel, Step Scuff

1 2 3&4 step forward on L, ¼ flick/pivot R, cross L over right, shuffle R,L,R 12:00
5 6 7 8 step R to side, L heel forward, step L next to R, scuff R 3:00

S2: Sailors x 4

1&2 3&4 step R behind L, step L to side, step R to side, step L behind R, step R to side, step L to side
5&6 7&8 step R behind L, step L to side, step R to side, step L behind R, step R to side, step L to side

S3: Step R, Together, Cha Cha Cha, Step L, Together, Cha Cha Cha

1 2 3&4 step R to side, step L to R, step R, step L, step R 3:00
5 6 7&8 step L to side, step R to L, step L, step R, step L

S4: Point, Step Down, Turn, x 3 Point, Step Down

1 2 & 3 4 & point R to side, step down on R, ½ turn R, point L to side, step down on L, ½ turn L 9:00
5 6 & 7 8 point R to side, step down on R, ½ turn R, point L to side, step down on L (weight fully on L)

(alternate steps 1 monterey turn, Right, 1 Monterey in place

1 2 3 4 point R to side, turn ½ R, L out, bring L to R
5 6 7 8 point R to side, bring R next to L, point L out, bring L to R (weight fully on L) 9:00

S5: ¼ Turn R, Full Turn R, Point L, ¼ L, Full Turn L, Point L

1 2 3 4 step R into a ¼ turn R, step back on L do a ½ turn R, step back on R do a ½ turn R, point L to side
5 6 7 step L into a ¼ turn L, step back on R do a ½ turn L, step back on L do a ½ turn L, point R to side

*(alternate steps) 9:00

*1 2 3 4 turn ¼ R, walk R L, step R into a ¼ turn L, point L to side,

*5 6 7 8 turn ¼ L, walk L R, step L into a ¼ turn R, point R to side

S6: Diagonal Shuffles To 10:30, Rock Forward, Recover, Rock Back, Recover

1&2 3&4 turn diagonally to 10:30 shuffle forward RLR, shuffle forward LRL
5 6 7 8 rock forward on R, recover onto L, rock back on R, recover onto L

S7: Step ½ Pivot, Diagonal Shuffles To 4:30, Rock Forward Recover, Rock Back, Recover

1 2 3&4 step forward on R, do a ½ pivot to L, (weight remains on left) shuffle forward RLR
5 6 7 8 rock forward on L, recover onto R, rock back on L, recover onto R

S8: Step L ¼ Turn (To 3:00) Step R Behind L, Step L ¼ Turn L, ½ Pivot on Ball Of L Foot (¾ turn)

1 2 3 4 step L foot to 9:00, step R behind L, step L ¼ turn L, on ball of L foot do a ½ turn L
5 6 7&8 step forward on R, step forward on L, shuffle forward RLR

Start over Ends at 12:00 on turn to L counts 5 6 of S5

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