

Cold Hard Sweat

拍數: 64 牆數: 4 級數: Low Intermediate
編舞者: Christel De Hondt (BEL) & Hanne Delahaut (BEL) - June 2017
音樂: "In This Town" – Declan McGarry



S1: R RIGHT CHASSE, L BACK ROCK, L STEP LOCK L STEP LOCKSTEP TO L DIAGONAL

1&2 Step R to R side, Close L beside R, Step R to R side
3-4 Rock back on L, Recover weight on R
5-6 Step L to L diagonal, Lock R behind L
7&8 Step L to L diagonal, Lock R behind L, Step L to L diagonal

S2: R SIDE L CLOSE, OUT-OUT, R BACK STEP L STEP LOCK L STEP LOCKSTEP TO L DIAGONAL

1-2 Step R to R side, Close L beside R
&3-4 Jump/step R back and out to R side, Jump/step L back and out to L side step back on R
5-6 Step L to L diagonal, Lock R behind L
7&8 Step L to L diagonal, Lock R behind L, Step L to L diagonal

S3: ¼ RIGHT POINT, ¼ LEFT POINT, R ROCK FORWARD, ½ R SHUFFLE

1-2 Make ¼ turn R stepping R to R side, Point L toe out to L side
3-4 Make ¼ turn L stepping L beside R, Point R toe out to R side
5-6 Rock forward on R, Recover on L
7&8 ¼ R stepping R to R side, Step L next to R, ¼ R stepping forward R

S4: WALK ½ L, ½ L SHUFFLE, R JAZZBOX ENDING WITH TOE

1-2 Walk R ½ L stepping back on R
3&4 ¼ L stepping L to L side, Step R next to L, ¼ L stepping forward L
5-6 Cross R over L, Step L back
7-8 Step R to R, Cross toe L behind R

S5: SIDE, BEHIND-SIDE-CROSS, SIDE, ROCK BACK RECOVER, KICK-BALL-CROSS

1-2 R side
&3-4 R cross behind L, L step side, R cross over L, L step side
5-6 R Rock back, Recover on L
7&8 R kick diagonally R forward, R close next to L, L cross over R

S6: R CHASSE, ½ TURN CHASSE L, R WALK ½ HITCH , L WALK ¼ HITCH

1&2 Step R to R side, Close L beside R, Step R to R side
3&4 Turn ½ turn L, Step L to L side, Close R beside L, Step L to L side
5-6 Step forward on R make ½ turn hitch L knee
7-8 Step forward on L make ¼ turn hitch R knee

S7: R STEP LOCK R STEP LOCKSTEP FORWARD, L ROCK FORWARD, OUT-OUT L BACK STEP

1-2 Step R to R forward, Lock L behind R
3&4 Step R to R forward, Lock L behind R, Step R to R forward
5-6 Rock forward on L, Recover on R
&7-8 Jump/step L back and out to L side, Jump/step R back and out to R side, Step back on L

S8: R COASTERSTEP, 2 X L PIVOT ½, L STEP , R TOUCH

1&2 Step R back, L close next to R, L step forward
3-4 Step forward on L, ½ pivot R
5-6 Step forward on L, ½ pivot R
7-8 Step L forward, Touch R next to L

**RESTART IN WALL 2: WITH STEP CHANGE
REPLACE R JAZZBOX WITH TOUCH IN S4 AFTER COUNT 28
INTO R JAZZBOX WITH STOMP ON L FOOT
AND RESTART THE DANCE**

5-6 Cross R over L, Step L back

7-8 Step R to R, Stomp on L foot

**RESTART IN WALL 5: WITH STEP CHANGE
REPLACE R JAZZBOX WITH TOUCH IN S4 AFTER COUNT 28
INTO R SWAY L SWAY AND RESTART THE DANCE**

5-6 Step R side sway hip to the R

7-8 Step L side sway hip to the L

HAVE FUN !

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