

So Cold

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Tom Inge Soenju (NOR) - August 2017
音樂: So Cold (The Good Wife Trailer) - Ben Cocks : (Album: As Heard In)



Music Available on iTunes, Google Play and Amazon.

Intro: 16 counts.

Sequence: Repeating sequence.

Tag/Restart: 2 restarts after 16& counts on wall 2 and 4, no tags.

End: Dance as normal till music ends.

Section 1: R Cross-Back- 3/8 R Turn- F Step, R Forward-¼ R Turn-Side-Back, L Back-¼ R Turn-Side-Forward, ¼ R Turn-Cross-Slide

- 1 Cross Right foot over Left foot
- 2 & Step Left foot diagonally back (facing 1:30) (2) and turn 3/8 to the right (6:00) stepping down on Right foot (&)
- 3 Step Left foot forward
- 4 & Step Right foot forward (4) and turn a quarter to the right (9:00) stepping Left foot to left side (&)
- 5 Step Right foot back
- 6 & Step Left foot back (6) and quarter turn to the right (12:00) stepping Right foot to right side (&)
- 7 Step Left foot forward
- 8 & Quarter turn to the right (3:00) crossing Right foot over Left foot (8) and slide Left foot to left side (&)

Section 2: B Rock, Recover, ½ L Turn, B Rock, Recover, L Sweep-Cross, R ½ Unwind, ½ R Turn & R Sweep, R Behind-Side

- 1 Step Right foot behind Left foot (Rock back)
- 2 & Recover weight onto Left foot (2) and a half turn to the left (9:00) stepping back on right foot (&)
- 3 Step Left foot behind Right foot (Rock back)
- 4 & Recover weight onto Right foot (4) an sweep Left foot from back to front (&)
- 5 Cross Left foot over Right foot
- 6 Unwind to the right (3:00) putting weight onto Left foot
- 7 Sweep Right foot (from side to back) while making a half turn to the right (9:00)
- 8 & Step Right foot behind Left foot (8) and step Left foot to left side (&)

(Restart here on 2nd and 4th wall)

Section 3: R Cross Rock, Behind-Side, L Cross Rock, R Coaster ¼ L turn, Full R Turn, ¼ R Turn-L NC Basic

- 1 Cross Right foot over Left foot
- 2 & Step Left foot back (2) and step Right foot next to Left foot (&)
- 3 Cross Left foot over Right foot
- 4 & Step Right foot back (4) and quarter turn to the left (6:00) stepping Left foot next to Right foot (&)
- 5 Step Right foot forward (prepare to turn)
- 6 & Half turn to your right (12:00) stepping left foot back (6) and half turn to your right (6:00) stepping forward on Right foot (&)
- 7 Quarter turn to your right (9:00) sliding your Left foot to left side
- 8 & Rock with the ball of your Right foot behind your Left foot (8) and cross Left foot over Right foot (&)

Section 4: R Side-Step, L Behind-Side-Cross & Sweep, R Cross-Side-Behind & Sweep, L Behind-Side-Cross, R Scissor (Cross)

- 1 Long step with your Right foot to Right side
- 2 & Cross Left foot behind Right foot (2) and step Right foot next to Left foot (&)
- 3 Cross Left foot over Right foot while sweeping Right foot from back to front
- 4 & Cross Right foot over Left foot (4) and step Left foot to left side (&)
- 5 Cross Right foot behind Left foot while sweeping Left foot from front to back
- 6 & Cross Left foot behind Right foot (6) and step Right foot next to Left foot (&)
- 7 Cross Left foot over Right foot
- 8 & Step Right foot to right side (8) and step Left foot next to Right foot (&)

Start again and enjoy! Happy Dancing!

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