

I'm Cold

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 2 級數: Improver / Intermediate
編舞者: Teresa Lawrence (UK) & Vera Fisher (UK) - October 2019
音樂: Cold - James Blunt : (iTunes)



Start time, Very quick! You start on vocals about 3 seconds in. BPM 106
Thanks to Dave Binks for the music suggestion. x

S1. ROCK FWD R REPLACE TOGETHER, 1/4 ROCK FWD L REPLACE. SHUFFLE BACK, ROCK BACK REPLACE.

- 1-2&3-4 Rock fwd on R, replace weigh to L starting to make 1/4 turn L, complete the 1/4 turn by stepping R next to L, rock fwd on L, replace weight to R.
5&6-7-8 Shuffle back on L, rock back on R, replace weight to L. (9)

S2. ROCK FWD R REPLACE TOGETHER , 1/4 ROCK FWD L REPLACE. SHUFFLE BACK, ROCK BACK REPLACE

Counts 1-8 repeat section 1. (6)

S3. FULL TURN L. SHUFFLE FWD R. FULL TURN R. SHUFFLE FWD L.

- 1-2-3&4 Spin 1/2 turn L and step back on R, spin 1/2 turn L, and step fwd on L, shuffle fwd R.
5-6-7&8 Spin 1/2 turn R and step back on L, spin 1/2 turn R, and step fwd on R, shuffle fwd L.
(No turn option, walk RL shuffle, walk, LR shuffle) (6)

S4. PIVOT 1/4 L, CROSS SHUFFLE, CHASSE, ROCK BACK REPLACE.

- 1-2-3&4 Step fwd on R, pivot 1/4 turn L, cross shuffle R over L.
5&6-7-8 Chasse L to L side, rock back on R, replace weight to L. (3)

S5. SIDE BEHIND AND HEEL BALL CROSS, SIDE BEHIND 1/4 HEEL BALL STEP.

- 1-2&3&4 Step R to R side, cross L behind R, small step R to R side, dig L heel to fwd L diagonal, step L next to R, cross R over L.
5-6&7&8 Step L to L side, cross R behind L, making 1/4 turn R step back on L, dig R heel fwd, step down on R, step L next to R. (6)

S6. STEP FWD HOLD BALL STEP TOUCH, BACK BACK COASTER STEP.

- 1-2&3-4 Step fwd on R, hold, step L next to R, step fwd on R, touch L next to R.
5-6-7&8 Walk back LR, do a L coaster step. (6) *Restart here on wall 2. you will be facing 12*

S7. PIVOT 1/2 TURN L . SHUFFLE FWD R. PIVOT HALF TURN R. SHUFFLE FWD L.

- 1-2-3&4 Step fwd on R, pivot 1/2 turn L, shuffle fwd on R
5-6-7&8 Step fwd on L, pivot 1/2 turn R, shuffle fwd on L (6)

S8. ROCK FWD REPLACE, TRIPLE 1/2 TURN R X2 ROCK BACK REPLACE.

- 1-2-3&4 Rock fwd on R, replace weight, triple step making 1/2 turn R stepping RLR
5&6-7-8 Triple step 1/2 turn R stepping LRL, rock back on R, replace weight to L. (6)
(no turn option, rock fwd replace, shuffle back R, shuffle back L, rock back replace)

One restart. On wall 2 do up to & including counts 5-8 in section 6, back back coaster, restart facing 12.

The music will end with you doing section 7, at the end of section 7 just step fwd on R and hold you will facing 12. Hope you enjoy it. Many thanks xx

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