

Cold

拍數: 32 牆數: 2 級數: Improver
編舞者: Karolina Ullénstäv (SWE) - November 2019
音樂: Cold - James Blunt : (3:30)



Intro 3 seconds – Quick start, BPM 109
Restart in wall 4 after 16 counts

Section 1: Diamond pattern in a full circle starting right

- 1 RF step diagonally 1/8 forward right (facing 01.30)
- & Turn 1/8 left stepping LF left (facing 09.00)
- 2 RF step beside LF
- 3 Turn 1/8 left stepping LF left (facing 07.30)
- & Turn 1/8 left stepping RF forward (facing 06.00)
- 4 LF step beside RF
- 5 RF step 1/8 back turning left (facing 04.30)
- & Turn 1/8 left stepping LF left (facing 03.00)
- 6 RF step beside LF
- 7 Turn 1/8 left stepping LF left (facing 01.30)
- & Turn 1/8 left stepping RF forward (facing 12.00)
- 8 LF step beside RF

Section 2: Steps and point steps forward and backwards

- 1 RF step forward
- 2 LF point diagonally forward left
- 3 LF step forward
- 4 RF point diagonally forward right
- 5 RF step back
- 6 LF point diagonally backwards left
- 7 LF step back
- 8 RF point diagonally backwards right

Section 3: RF rock step back, shuffle turn ½ forward left and then LF rock step back and shuffle turn ½ forward right

- 1 RF rock step back (facing 12.00)
- 2 Recover onto LF (weight on LF)
- 3 Turn ¼ left stepping RF right (facing 09.00)
- & LF step beside RF
- 4 Turn ¼ left stepping RF back (facing 06.00)
- 5 LF rock step back
- 6 Recover onto RF (weight on RF)
- 7 Turn ¼ right stepping LF left (facing 09.00)
- & RF step beside LF
- 8 Turn ¼ right stepping LF back (facing 12.00)

Section 4: Side steps right with shuffle steps to the side, turn ¼ right and step turn ¼ right again ending with a cross shuffle

- 1 RF step right
- 2 LF step beside RF
- 3 RF step right
- & LF step beside RF
- 4 Turn ¼ right stepping RF forward (facing 03.00)

- 5 LF step forward
- 6 Turn $\frac{1}{4}$ right on ball (facing 06.00)
- 7 LF cross step over RF
- & RF step right
- 8 LF cross step over RF

Enjoy the lovely James Blunt and this wonderful song with great rhythm!
