Cool Dancing

拍數: 32	牆數: 1	級數: Beginner

編舞者: Laura Turcaud (FR) - June 2020

音樂: Let's Go Dancin' (Ooh La, La, La) - Kool & The Gang

Adaptation proposals :
Julie Pietri « Eve lève-toi »
Ray Charles « Hit the road Jack »
Franky Vincent « Fruit de la passion »
…maybe you will have other ideas, long live the adaptation !

(1-8) (Point, Touch, Point,Triple step) x2

1&2	R point to R, touch R point next to L, R point to R
3&4	Put R, L next to R, PD à D
5&6	L point to L, touch L point next to R, L point to L
7&8	Put L, R next to L, L to L

(9-16) Mambo x2, Point x3 with ¼ turn

1&2	R forward, return to L, R next to L
3&4	L back, return to R, L next to R
5-6	R point to R, 1/8 turn to L and R point to R
7-8	1/8 turn to L and R point to R, R next to L 9H

(5 to 7, spread your arms, push, at each point, like on the video)

(17-24) Heel, Toe, Triple step x2, Rock step

1-2	L heel forward, L point back
3&4	L forward, R next to L, L forward
5&6	R back, L next to R, R back
7-8	L back, return to R

(25-32) Walk x2, Triple step, Sway x3
The first 4 counts are done by making ¾ turn to L

1-2	walk L, walk R
3&4	L forward, R next to L, L forward 12H
5-6	R to R with hips, hips to L
7-8	Hips to R, return on L