

Cool

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Irene Deng (TW) - October 2020
音樂: Cool (DJ Soltrix Bachata Remix) (feat. Ryan English) - Alesso



Introduction : 16 counts

Sequence : Intro dance / AA AA BB / AA AA B / AA AB

Intro dance : 16 counts

Isec1 : R SIDE TOGETHER SIDE TOUCH, L SIDE TOGETHER SIDE TOUCH

1 2 3 4 Step Rf to R diagonal(10:30), Step Lf nex to Rf, Step Rf to R, Touch Lf beside RF (same time hip up)
5 6 7 8 Step Lf to L diagonal (10:30), Step Rf next to Lf, Step Lf to L, Touch Rf beside Lf (same time hip up)(10:30)

Isec2 : 1/4 R SIDE TOGETHER SIDE TOUCH, L SIDE TOGETHER 1/8 L FWD, TOUCH

1 2 3 4 Step Rf to R diagonal(01:30), Step Lf nex to Rf, Step Rf to R, Touch Lf beside RF(same time hip up)
5 6 7 8 Step Lf to L diagonal (01:30), Step Rf next to Lf, 1/8 L Step Lf fwd, Touch Rf beside Lf (same time hip up)(12:00)

Part A : 32 counts

Asec1 : VINE R, FWD TOUCH BACK TOUCH

1 2 3 4 Step Rf to R, Step Lf Behind Rf, Step Rf to R, Touch Lf beside Rf
5 6 7 8 Step Lf fwd, Touch Rf Beside Lf, Step Rf back, Touch Lf Beside Rf (12:00)

Asec2 : 1/4 L FWD, 1/4 SIDE, BEHIND, 1/4 R FWD, 1/2 R PIVOT, FWD, FWD, TOUCH

1 2 3 4 Turn 1/4 L stepping Lf fwd, turn 1/4 L stepping Rf to R side, Step Lf behind Rf, turn 1/4 R stepping Rf fwd
5 6 7 8 Step Lf fwd Pivot turn 1/2 R, Step Rf fwd, Step Lf fwd, Touch Rf beside Lf(same time hip up) (3:00)

Asec 3: RUMBA BOX

1 2 3 4 Step Rf to R, Step Lf next to Rf, Step Rf fwd, Touch Lf beside Rf (same time hip up)
5 6 7 8 Step Lf to L, Step Rf next to Lf, Step Lf back, Touch Rf beside Lf(same time hip up)

Asec 4: CROSS, SWEEP, FWD, HITCH, STEP BACK X4

1 2 3 4 Cross Rf over Lf, Sweep Lf from back to front, Step Lf fwd, Lift Rf knee
5 6 7 8 Four steps back (RLRL) Shake shoulders at the same time

Part B : 32 counts

Bsec 1: R SIDE TOGETHER SIDE TOUCH, L SIDE TOGETHER SIDE TOUCH

1 2 3 4 Step Rf to R diagonal(10:30), Step Lfnex to Rf, Step Rf to R, Touch Lf beside RF (same time hip up)
5 6 7 8 Step Lf to L diagonal (10:30), Step Rf next to Lf, Step Lf to L, Touch Rf beside Lf (same time hip up)(10:30)

Bsec2 : L SIDE TOGETHER SIDE TOUCH, R SIDE TOGETHER SIDE TOUCH

1 2 3 4 Step Rf to R diagonal(01:30), Step Lf nex to Rf, Step Rf to R, Touch Lf beside RF (same time hip up)
5 6 7 8 Step Lf to L diagonal (01:30), Step Rf next to Lf, 1/8 L Step Lf fwd, Touch Rf beside Lf (same time hip up) (12:00)

Bsec3 : FWD, TOUCH, BACK, TOUCH, ROCK BACK, RECOVER, FWD, 1/4L SIDE

1 2 34 Step Rf fwd, Touch Lf Beside Rf, Step Lf back, Touch Rf beside Lf,
5 6 78 Rock Rf back , Recover on Lf, Step Rf fwd, Making turn 1/4 L Step Lf to L side (9:00)

BSec4 : REPEAT Bsec3(6:00)

Have Fun !Enjoy !

Contacts :Irene Deng :yuanmei40681@gmail.com
