

Cold Heart

拍數: 64 牆數: 2 級數: Improver
編舞者: Judy Rodgers (USA) - September 2021
音樂: Cold Heart (PNAU Remix) - Elton John & Dua Lipa : (Album: The Lockdown Sessions (clean))



#32 count intro - 2 restarts

S1: Step tap back kick, coaster step, shuffle

1-2 Step R fwd, tap L toe behind R
3-4 Step L back, kick R fwd
5&6 Step R back, step L beside R, step R fwd
7&8 Shuffle fwd L R L

S2: Point, turn 1/4 R, point, hitch, weave R

1-2 Point R to right side, turn 1/4 right step R beside L 3:00
3-4 Point L to left side, hitch L
5-8 Step L behind R, step R to right side, cross L over R, step R to right side

S3: Cross rock, turn 1/4 L turn 1/4 L, skate skate skate hold

1-2 Rock L behind R, recover R
3-4 Turn 1/4 left step L fwd, turn 1/4 left step R to right side 9:00
5-8 Skate L, R, L, hold

S4: Rock recover & rock recover, sweep/sailor turn 1/4 L, mambo

1-2 Rock R fwd, recover L
&3-4 Step R together, rock L fwd, recover R
5&6 Turn 1/4 left sweep/step L behind R, step R to right side, step L to left side 6:00
7&8 Rock R fwd, recover L, step R slightly back

***** Restart here Wall 3 and Wall 5 (to restart, add: '& Step L beside R')

S5: Step drag, ball walk walk, step turn 1/4 R with bounce bounce bounce

1-2 Large step back on L, drag R towards L
&3-4 Step down R on ball of foot, walk fwd L, R
5-8 Step L fwd, on balls of both feet, turn 1/4 right bounce heels 3 times (wt to L) 9:00

S6: Side, behind, shuffle turn 1/4 R, turn 1/2 R, turn 1/2 R, rock recover

1-2 Step R to right side, step L behind R
3&4 Turn 1/4 right shuffle fwd R L R 12:00
5-6 Turn 1/2 right step L back, turn 1/2 right step R fwd (option walk L walk R)
7&8 Rock L fwd, recover R

S7: Step dip touch (L & R), walk 3/4 L circle

1-2 Step/dip L to left side, touch R to right diagonal
3-4 Step/dip R to right side, touch L to left diagonal
5-8 Walk 3/4 circle left stepping L R L R 3:00

S8: Fwd rock, side rock, behind turn 1/4 R, step point

1-4 Rock L fwd, recover R, rock L to left side, recover R
5-6 Step L behind R, turn 1/4 R step R fwd 6:00
7-8 Step L fwd, point R to right diagonal

Ending: Wall 7 (last wall) ends after 32 counts facing 6:00...turn 1/2 left step L fwd and smile!!

