

My Heart is Cold

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Susan Reynolds (USA) - March 2023
音樂: Cold Heart (PNAU Remix) - Elton John & Dua Lipa



No Tags or Restarts

Intro: 32 counts

WALK, WALK, SHUFFLE, ROCK RECOVER, SHUFFLE ½ TURN LEFT

1-4 Walk R forward, Walk L forward, Shuffle forward RLR
5-8 Rock L forward, Recover on R, Shuffle ½ turn to L, (LRL)

SIDE ROCK, RECOVER, CROSS & CROSS, SIDE ROCK, RECOVER, COASTER

1-4 Rock R to side, Recover on L, Cross R over L, Step L in place, Step on R still crossed
5-8 Rock L to side, Recover on R, Step L back, Step R beside L, Step L forward

FORWARD ROCK, RECOVER, STEP ½ TURN RIGHT, FORWARD LEFT, ¼ TURN RIGHT, CROSS, SHUFFLE

1-3 Step R forward, Recover on L Step R as ½ turn to R
4-6 Step L forward, Step R as ¼ turn to R, Cross L over R
7&8 Shuffle to R side, (RLR)

LINDY LEFT, ROCKING CHAIR

1-4 Step L to L, Step R together, Step L to L, Rock back on ball of R, Recover on L
5-8 Step R forward, Step L in place, Step R back, Step L in place
