

Cold Little Heart

拍數: 32 牆數: 4 級數: Novice
編舞者: Jérôme Ciurana (FR) - May 2023
音樂: Cold Little Heart - Michael Kiwanuka



Description: on the beginning of the heavy beat or 24 sec. do the dance at the end

[1-8] PRISSY WALK LEFT/RIGHT, LEFT SHUFFLE FORWARD, ROCK STEP, RECOVER, RIGHT COASTER STEP

1-2 Cross LEFT over right, Cross RIGHT over left {prissy walk}
3&4 Step LEFT forward, Step RIGHT next to left, Step LEFT forward {shuffle}
5-6 Step RIGHT forward, Recover weight on LEFT {rock step}
7&8 Step RIGHT back, Step LEFT beside right, Step right forward {coaster step}

[9-16] STEP 1/4 TUTRN, CROSS SHUFFLE, POINT RIGHT TO SIDE, TOUCH RIGHT (BEND KNEES) , CHASSE RIGHT

1-2 Step LEFT forward,, Pivot 1/4 turn right [3h]
3&4 Cross LEFT over right, Step RIGHT to right side, Cross LEFT over right {cross shuffle}
5-6 Point RIGHT to right side, Touch RIGHT beside left (bend knees)
7&8 Step RIGHT to right side, Step LEFT beside left, Step RIGHT to right side {chasse}

[17-24] ROCK STEP BACK, RECOVER, STEP 1/2 TURN, LEFT SHUFFLE FORWARD, RIGHT STEP FORWARD , SPIRAL FULL TURN

1-2 Step LEFT back, Recover weight on right {rock step}
3-4 Step LEFT forward,, Pivot 1/2 turn right [9h]
5&6 Step LEFT forward, Step RIGHT next to left, Step LEFT forward {shuffle}
7-8 Step RIGHT forward, Pivot full turn left and keep LEFT beside right {spiral turn}

[25-32] LEFT SHUFFLE FORWARD, COASTER STEP FORWARD, BACK LEFT/RIGHT, ,ROCK STEP BW, RECOVER

1&2 Step LEFT forward, Step RIGHT next to left, Step LEFT forward {shuffle}
3&4 Step RIGHT forward,, Step LEFT beside right, Step RIGHT back {coaster step fw}
5-6 Step LEFT back, Step RIGHT back
7-8 Step LEFTback, Recover weight on RIGHT {rock step }

SMILE WHEN YOU DANCE !!!!!!!

Les références des heures ne valent que sur le premier mur

Association spirit of country :
spiritofcountry@hotmail.fr
<https://www.youtube.com/user/MrSPIRITOF COUNTRY>