

# Midwest Cool

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Lucy Cooper (UK) - November 2024  
音樂: Hey Marjorie - Jon Mero



## Section 01: Walk, Walk, Anchor Step, Back w. Sweep, Lock Behind, ¼ L, Forward Lock

1 2      Walk R forward, walk L forward  
3&4      Step R behind L, step L in place, step R behind L  
5 6      Step L behind R sweeping R back, lock R behind L popping L knee  
7 8&1      Step L forward turning ¼ L, step R forward, lock L behind R, step R forward (9.00)

## Section 02: Point L, Sailor ½ L, Step, ½ R, Sit, Recover

2      Point L to L side  
3&4      Cross L behind R turning ½ L, step R in place, step L slightly forward (3.00)  
5 6      Step R forward, step L back turning ½ R (9.00)  
7 8      Sit back into R popping L knee, recover onto L

**(Start TAG here on wall 2, and RESTART here on wall 4)**

## Section 03: Ball, Forward Rock, Recover, Pony Back, ¼ R, Tap Behind, Side, Heel Toe Swivel

&1 2      Ball step R forward, rock L forward (optional body roll), recover onto R  
3&4      Step L back hitching R knee, ball step R in place, step L back hitching R knee  
5 6      Step R to R side turning ¼ R, tap L behind (12.00)  
7&8      Step L to L side, swivel R heel in, swivel R toe in

## Section 04: Side Rock, Ball, Side Rock Cross, Side, Close, Cross, ¾ R Spiral

1 2&      Rock R to R side, recover L, ball step R beside L  
3&4      Rock L to L side, recover R, cross L over R  
5 6      Step R to R side, close L beside R  
7 8      Cross R over L, Step L back hooking R in turning ¾ R (9.00)

**(TAG to the back after wall 5, adjusting final spiral to ½ R, in order to dance tag to 6:00)**

**TAG: 32 COUNTS (Always to 6.00)**

## Section 01: Rock, Recover, Shuffle Back, Rock Back, Recover, Full Turn R

1 2      Rock R forward, recover onto L (6.00)  
3&4      Step R back, step L beside R, step R back  
5 6      Deep/exaggerated rock back on L, recover onto R  
7 8      Step L back turning ½ R, step R forward turning ½ R (6.00)

## Section 02: ¼ R Hip Roll, Touch, ¼ L Hip Roll Touch, L Coaster Step, Step, ½ Pivot L

1 2      Step L to L side turning ¼ R rolling into L hip, touch R forward (9.00)  
3 4      Step R to R side turning ¼ L rolling into R hip, touch L forward (6.00)  
5&6      Step L back, step R beside L, step L forward  
7 8      Step R forward, pivot ½ L stepping L forward (12.00)

## SECTION 3 & 4

**Repeat sections 1 & 2 to the 12.00 wall**

**Last Update: 13 Nov 2024**