

Life Got Cold

拍數: 32 牆數: 4 級數: Improver
編舞者: Kathy Robinson (UK)
音樂: Life Got Cold - Girls Aloud



RIGHT SIDE ROCK, CROSS & SIDE ROCK, BEHIND, POINT LEFT, CROSS & SIDE ROCK

1-2 Rock right foot to right side, recover weight onto left, swaying hips
3& Cross rock right in front of left, recover weight to left
4& Rock right foot to right side, recover weight to left
5-6 Step right foot behind left, point left toe to left side
7& Cross rock left in front of right, recover weight to right
8& Rock left foot to left side, recover weight to right (12:00)

CROSS ROCK, ½ TURN RIGHT SHUFFLE, STEP BACK ON RIGHT, CROSS TOUCH LEFT OVER RIGHT, LEFT LOCK STEP

1-2 Cross rock left behind right, recover weight to right
3&4 ½ turn right stepping left, right, left
5-6 Long step back on right, drag left to cross touch over right
7&8 Left lock step forward (6:00)

Restart dance after count 16 on wall 4 when using Life Got Cold

RIGHT CHASSE, ½ TURN RIGHT, LEFT CHASSE, CROSS ROCK BEHIND, ¼ TURN LEFT

1&2-3&4 Chasse right, make ½ turn right into chasse left
5-6 Cross rock right behind left, recover weight to left
7-8 ¼ turn left stepping back on right, ½ turn left stepping forward left (3:00)

RIGHT SHUFFLE, HIP BUMPS, KICK, STEP BACK, LEFT COASTER CROSS

1&2 Right shuffle forward stepping right, left, right
3&4 Touch left toe forward bumping hips left, right, left (take weight)
5-6 Low kick right foot forward, step back onto right
7&8 Left coaster cross

REPEAT

RESTART

When using "Life Got Cold" dance to step 16 on Wall 4 then start the dance again. No restart with alternative music