

We're Cool

拍數: 72 牆數: 2 級數: Intermediate
編舞者: Geri Morrison (UK)
音樂: Cool - Gwen Stefani



WALK LEFT RIGHT, SIDE MAMBO, SIDE MAMBO, PIVOT ½ RIGHT

1-2 Walk forward left, then right
3&4 Rock left to left side, recover weight on right, step left beside right
5&6 Rock right to right side, recover weight on left, step right beside left
7-8 Step forward on left, pivot ½ turn right taking weight on right

LEFT LOCK, LEFT LOCK STEP, ROCK RECOVER, ½ TURN SHUFFLE

1-2 Step forward on left, lock right behind left
3&4 Step forward on left, lock right behind left, step forward on left
5-6 Rock forward on right, recover weight on left
7&8 Make ½ turn right shuffling forward right, left, right (12:00)

KICK AND POINT, RIGHT LOCK STEP, LEFT LOCK STEP, KICK BALL CHANGE

1&2 Kick left forward, step left beside right, point right to right side
3&4 Step right diagonally right, lock left behind right, step right diagonally right
5&6 Step left diagonally left, lock right behind left, step left diagonally left
7&8 Kick right forward, step right beside left, step left beside right

CROSS UNWIND FULL TURN LEFT, CHASSE RIGHT, ROCK FORWARD, RECOVER, AND CHASSE LEFT

1-2 Cross right over left, unwind full turn left, taking weight left (12:00)
3&4 (Chasse right) step right to right bring left beside right, step right to right
5-6 Rock forward on left, recover weight on right
7&8 (Chasse left) step left to left side bring right beside left, step left to left side

ROCK BACK, RECOVER, FULL TURN LEFT, HOLD & CROSS

1-2 Rock back on right, recover weight on left
3-4 Make ¼ turn left stepping back on right, make ½ turn left stepping forward on left
5 Make ¼ turn left stepping right to right side (12:00)
6 Hold
&7 Bring left next to right, cross right over left
8 Step left to left side

RIGHT SAILOR STEP, ¼ TURN LEFT SAILOR. HOLD & CROSS

1&2 (Right sailor) cross right behind left, step left to left side, step right in place
3&4 Turn ¼ left crossing left behind right, step right to right side, bring left beside right
5-6 Step right to right side, hold
&7 Step left next to right, cross right over left
8 Step left to left side, (9:00)

RIGHT SAILOR STEP, ¼ TURN LEFT SAILOR, STEP RIGHT ½ TURN LEFT, STEP BACK ON LEFT, COASTER STEP

1&2 (Right sailor) cross right behind left, step left to left side, step right beside left
3&4 Turn ¼ left crossing left behind right, step right to right side, bring left next to right
5-6 Step back on right making ½ turn left, step back on left, (12:00)
7&8 (Coaster step) step back on right, bring left next to right, step forward on right

LEFT SHUFFLE ½ TURN RIGHT, CROSS UNWIND ½ TURN RIGHT, LEFT SHUFFLE FORWARD, MAMBO STEP

- 1&2 Make ½ turn right shuffling back left, right, left
- 3-4 Cross right behind left, unwind ½ turn right (weight on right) (12:00)
- 5&6 Shuffle forward left, right, left
- 7&8 Rock forward on right, recover weight on left, bring right beside left

KICK STEP BACK, SWAY LEFT, SWAY RIGHT, & CROSS UNWIND ½ TURN, BUMP HIPS RIGHT, LEFT, RIGHT

- 1&2 Kick left forward, step back on left, step back on right, (feet apart)
- 3-4 Sway left, sway right
- &5 Step left next to right, cross right over left
- 6 Unwind ½ turn left (weight on left)
- 7&8 Step right to right side bumping hips right, left, right, (6:00)

REPEAT

RESTART

On second wall, do 16 counts and start the dance from the beginning (facing 6:00)
