

It's Cold

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Sandra Wilkinson (UK)
音樂: Cold - Whistle Down The Wind Original London Cast



Sequence: ABB ABB TAG AAABA

PART A

SIDE ½ TURN ROCK BACK RECOVER, SIDE DRAG BEHIND ½ UNWIND

- 1-2 Step right to right side, ½ turn right, step left foot to side
- 3-4 Rock back onto right, recover onto left
- 5-6 Step right to right side drag left up to right
- 7-8 Left foot behind right and unwind ½ turn left

ROCK FORWARD AND BACK SHUFFLE BACK, BEHIND UNWIND ROCK, ROCK

- 1-2 Rock forward on right foot, recover onto left
- 3&4 Shuffle back (right, left, right)
- 5-6 Left foot behind right ½ unwind left
- 7-8 Rock right foot to right side, recover onto left

SIDE BEHIND & CROSS SIDE, ROCK BACK RECOVER CHASSE LEFT

- 1-2 Step right to right side left foot behind right foot
- &3-4 Step right to right side (&) cross left foot over right, step right to right side
- 5-6 Rock back onto left recover forward onto right
- 7&8 Chasse to left side (left, right, left)

BEHIND SIDE LOCK FORWARD, ROCK FORWARD AND RECOVER ½ TURN LEFT

- 1-2 Step right foot behind left, step left foot to side
- 3&4 Step right foot forward, lock left foot behind right, step forward on right
- 5-6 Rock left foot forward recover back onto right
- &7-8 Making ½ turn left step forward on left, touch right to left

PART B

HEEL GRIND LEFT OVER RIGHT AND RIGHT OVER LEFT, ROCK FORWARD AND RECOVER, COASTER STEP BACK

- &1-2 Taking weight onto right foot, heel grind left over right take small step to right with right foot
- &3-4 Taking weight onto left foot, heel grind right foot over left, take small step to left with left foot
- &5-6 Small step to right on right foot, rock forward on left foot, recover back onto right
- 7&8 Step back on left foot, close right foot to left, step forward on left (coaster step)

FORWARD ¼ TURN LEFT, SLAP, ¼ TURN SLAP, SIDE BEHIND ROCK & CROSS

- 1-2 Step forward on right foot, make ¼ turn left slap left foot behind right leg with right hand(touch back of head with left hand)
- 3-4 Turn ¼ turn left onto left foot, slap right foot behind left leg with right hand (touch back of head with right hand)
- 5-6 Step right foot to right side, step left behind right
- 7&8 Rock right foot out to right side recover onto left, cross right foot over left

SIDE BEHIND ¼ TURN & ROCK FORWARD & BACK, SWEEP BEHIND RIGHT & LEFT, COASTER STEP

- 1-2 Step left to side, step right foot behind left
- &3-4 Make ¼ turn left onto left foot, rock forward on right foot, recover back on left
- 5-6 Sweep right foot behind left, sweep left foot behind right (optional scoot back on the sweeps)

7&8 Step back on right foot, bring left foot to right, step forward on right. (coaster step)

SWAY FORWARD & BACK, JAZZ BOX SIDE TOUCH

1-2 Step forward onto left (swaying hips forward) recover back on right
3-4 Step back on left (swaying hips back) recover forward onto right foot
5-6 Cross left foot over right, step back on right
7-8 Step left foot to side, touch right foot to left

TAG

After 6th repetition

FULL MONTEREY TURN RIGHT, ROCK FORWARD RECOVER, SHUFFLE BACK. ROCK BACK AND RECOVER, SHUFFLE FORWARD

1-2 Touch right toe to side ½ turn right take right foot to left
3-4 Touch left toe to side, bring left foot to right
5-6 Repeat counts 1&2
7-8 Repeat counts 3&4

1-2 Rock forward on right foot, recover back on left
3&4 Shuffle back on (right, left, right)
5-6 Rock back onto left foot, recover forward on right
7&8 Shuffle forward on (left, right, left)
