

# Cool Beans

拍數: 32      牆數: 4      級數: Advanced  
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音樂: I Want You Back - \*NSYNC



## STEP, SLIDE, 4 KNEE POPS, HOP, SIDE STEP, SIDE, HOP RIGHT, CLAP

1-2      Step left foot forward, slide right foot forward beside left, "popping" left knee  
&3      "Pop" right knee (weight on left), "pop" left knee (weight on right)  
&4      Repeat &3  
&5      Hop on right foot, take large step to left with left foot  
6      Slide right foot beside left (no weight)  
&7      Side step right, step left beside right  
8      Clap

## Ball-Change, 3 side Ball-Changes in ½ Turn Left, Walk Back right, left, right, Hip Twist

&9      Step right foot back, step left foot in place  
&10      Side step right foot, step left foot in place  
&11      Turning a quarter turn to left, step right foot to side, step left foot in place  
&12      Repeat &11 above  
13      Step right foot back  
14      Step left foot back  
15      Step right foot back  
&16      Twist heels to left, straightening left knee to raise hip, twist heels to right (back in position)

## Syncopated Travel Forward With Up/Down Motion, Walk Back Right-Left, ¼ Military Turn Left, Toes in /Out

17      Step forward on left keeping leg straight  
&18      Step right foot behind left, step left foot forward, bending left knee  
&19      Step right foot behind left, step left foot forward, straightening left leg  
&20      Step right foot behind left, step left foot forward bending left knee  
21      Step right foot back  
22      Step left toe back  
23      Pivot on both feet ¼ turn left  
&24      Jump slightly, turning toes in then out

## Step, Drag, Ball-Change, Walk Left, Right, ½ Pivot Left, Ball-Change, Pivot ½-Turn Left, (Hook)

25      Step right foot back  
26      Drag left foot back along floor  
&27      Step left foot back, step right foot forward  
28-29      Walk forward left, right  
30      Pivot ½-turn left on both feet (weight even)  
&31      Step left foot back, step right foot forward  
32      Pivot ½-turn left on both feet (weight even)  
(&      Hook left foot over right shin) optional step to lead into step #1

**REPEAT**