

Cool Me Down (P)

拍數: 40 牆數: 0 級數: Partner
編舞者: Allan Mitchell & Patricia Mitchell
音樂: Cool Me Down - Jenai



Position: Start in open right side by side position facing LOD. Mirror image throughout unless stated

STEP PIVOT ½, TRIPLE ½ TURN, ROCK BACK, SHUFFLE FORWARD

1-2 Right step forward, pivot ½ turn left & left step forward. (release hands)
3&4 Triple ½ turn left stepping right, left, right. (back into open right side by side, facing LOD)
5-6 Left step back, rock forward onto right
7&8 Left shuffle forward stepping left, right, left

SIDE, TOGETHER, SIDE SHUFFLE, TOUCH, FULL TURN, TOUCH

1-2 Right step side right (release hands) left step beside right, (lady passing in front of man)
3&4 Right step side right, left step beside right. Right step side right. (briefly take up hands)
5-8 Left step ¼ left, right step back ½ turn left, left step side ¼ left, right touch beside left

Lady turning right in front of man. Briefly take up hands

SIDE, TOGETHER, SIDE SHUFFLE, TOUCH, ¾ TURN, STEP

1-2 Right step side right (release hands) left step beside right, (lady passing in front of man)
3&4 Right step side right, left step beside right. Right step side right
5-8 Left step ¼ left, right step side ¼ left, left step side ¼ left, right step beside left

Lady turning right in front of man to face each other, taking up double hand hold

CROSS ROCK TWICE, ROCK FORWARD & BACK

1&2 Left step across right, rock back onto right, left step side left
Lady cross rock back so mans left shoulder moves towards lady's left shoulder
3&4 Right step across left, rock back onto left, right step side right
Lady cross rock back so mans right shoulder moves towards lady's right shoulder
5&6 Left step forward, rock back onto right, left step beside right
Lady rocks back
7&8 Right step back, rock forward onto left, right step beside left
Lady rocks forward

MAN ¼ TURN LEFT, LADY 1¼ TURN RIGHT, SHUFFLE FORWARD X3

1-2 **MAN:** Left step ¼ left, right step forward
 LADY: Right step ¼ right, make full turn right stepping forward on left

Man releases lady's right hand and raises her left hand over lady's head

Easy option: leave out full turn

3&4 Left shuffle forward stepping left, right, left
Back into open right side by side, facing LOD
5&6 Right shuffle forward stepping right, left, right
Optional full turn left, lady right, on shuffles
7&8 Left shuffle forward stepping left, right, left

REPEAT