

Stay Cool!

拍數: 64 牆數: 4 級數: Improver
編舞者: Mel Dale (CYP) - August 2010
音樂: Don't Be Stupid (You Know I Love You) - Shania Twain



Intro: 16 counts from "heavy beat" – start on vocals

Section 1: Right Cross Rock, Sailor ½ turn. Left Cross Rock, Sailor ½ turn

1-2 Cross rock right over left, recover on left
3&4 Swing right behind left, step back left making ½ turn right, step right in place
5-6 Cross rock left over right, recover on right
7&8 Swing left behind right, step back right making ½ turn left, step left in place

Section 2: Right Shuffle Fwd, Left Rock Fwd, Left Shuffle Back, Right Point Hitch

1&2 Step right forward, close left to right, step right forward
3-4 Rock forward on left, recover on right
5&6 Step left back, close right to left, step left back
7-8 Point right to right side, hitch right knee across left

Section 3: Chasse Right, Back Rock, Chasse Left, Back Rock

1&2 Step right to right side, close left to right, step right to right side
3-4 Rock back on left, recover on right
5&6 Step left to left side, close right to left, step left to left side
7-8 Rock back on right, recover on left

Section 4: Right ¼ Turn Jazz Box, Right Shuffle Fwd, Pivot ½ Turn Right

1-2 Cross right over left, step left back
3-4 Step right to right side making ¼ turn right, step left to right
5&6 Step right forward, close left to right, step right forward
7-8 Step left forward, pivot ½ turn right

Section 5: Left Shuffle Fwd, Pivot ½ Turn Left, ½ Monterey Turn

1&2 Step left forward, close right to left, step left forward
3-4 Step right forward, pivot ½ turn left
5-6 Touch right to right side, turn ½ right and step right together
7-8 Touch left to left side, step left together

Section 6: Right Kickball Step x 2, Hip Sway x 4

1&2 Kick right forward, step right together, step left forward
3&4 Kick right forward, step right together, step left forward
5-6 Step right to right side sway hips right and left
7-8 Sway hips right and left (ending with weight on left)

Section 7: 4x1/4 Paddle Turn Left

1-2 Step right forward, turn ¼ left taking weight onto left
3-4 Step right forward, turn ¼ left taking weight onto left
5-6 Step right forward, turn ¼ left taking weight onto left
7-8 Step right forward, turn ¼ left taking weight onto left

Section 8: Weave Left & Point, Weave Right & Point

1-2 Cross right over left, step left to left side
3-4 Cross right behind left, point left to left side

5-6 Cross left over right, step right to right side
7-8 Cross left behind right, point right to right side

Begin again – no tags or restarts, yippee!

To end the dance facing the home wall, dance the first 16 counts (facing the back wall) then insert a ½ Monterey turn right to finish at the home wall.
