

Cold Cold Heart

拍數: 56 牆數: 4 級數: Improver
編舞者: Roz Chaplin (UK) & Elizabeth Davies (UK) - October 2010
音樂: Cold Cold Heart - Alan Gregory



36 Count intro.

RIGHT DIAGONAL STEP LOCK, LEFT DIAGONAL STEP LOCK, HEEL, TOE, SHUFFLE BACK

1&2 Step diagonally forward right, lock left behind right, step diagonally forward on right
3&4 Step diagonally forward on left, lock right behind left, step forward on left
5-6 Touch right heel forward, touch right toe back
7&8 Step right back, close left beside right, step back on right

LEFT DIAGONAL STEP LOCK, RIGHT DIAGONAL STEP LOCK, HEEL, TOE, STEP ¼ CROSS

1&2 Step diagonally forward on left, lock right behind left, step forward on left
3&4 Step diagonally forward right, lock left behind right, step forward on right
5-6 Touch left heel forward, touch left toe back
7&8 Step forward on left turning ¼ right, cross left over right

POINT, FORWARD, SIDE, COASTER STEPS X2

1-2 Point right toes forward, point right toes to right side
3&4 Step right back, step left beside right, step right forward
5-6 Point left toes forward, point left toes to left side
7&8 Step left back, step right beside left, step left forward

EXTENDED WEAVE RIGHT

1-4 Step right to right side, cross left behind right, step right to right side, cross left over right
5-8 Step right to right side, cross left behind right, step right to right side, cross left over right

MONTEREY ¼ TURN X2

1-2 Point right toe to right side, turn ¼ turn right over right shoulder
3-4 Putting weight onto right foot, point left to left side, step left beside right
5-6 Point right toe to right side, turn ¼ turn right over right shoulder
7-8 Putting weight onto right foot, point left to left side, step left beside right taking weight

STEP RIGHT, ROCK BACK, RECOVER, KICKBALL CROSS

1-2& Step right to right, rock back left behind right, recover onto right
3&4 Kick left foot forward, step onto left foot, cross right over left

STEP LEFT, ROCK BACK, RECOVER, KICKBALL CHANGE

1-2& Step left to left, rock back right behind left, recover onto left
3&4 Kick right foot forward, step right foot, cross left over right

FORWARD & BACK MAMBO'S, ROCK SIDE & RECOVER X2a

1&2 Rock forward onto right, recover onto left, step right beside left
3&4 Rock back onto left, recover onto left, step left beside right
5&6 Rock out to right side, recover onto left, step right beside left
7&8 Rock out to left side, recover onto right, step left beside right

Music Available From Alan Gregory: www.alangregory.me.uk