

# C & L In D (aka Cold & Lost in Desperation)

COPPER KNOB  
STEPSHEETS

拍數: 32  
編舞者: Rene Madsen (DK) - June 2011  
音樂: Iridescent - LINKIN PARK

牆數: 2

級數: High Intermediate Smooth



**Note: 2 restarts on wall 3 and wall 6 after 16 counts with a little change, look down below ?**

**[1-8]: Basic L, ¼ L Back, ½ L Fw, Mambo Step, Back, ½ R Fw, ¼ R Rock, Weave**

1-2& Step L to L side, step R behind L, cross L over R  
3&4& ¼ turn L step R back, ½ turn L step L forward, rock R forward, recover L (3.00)  
5-6& Step R back, step L back, ½ turn R step R forward (9.00)  
7&8& ¼ R rock L to L side, recover R, step L behind R, step R to R side (12.00)

**[9-16]: Cross Sweep, Cross, 1/8 R Back, Back x2, 1/8 R , Fw, ½ R Back Sweep, Press, ½ R fw, ½ R Back, ¼ R , Cross**

1-2& Cross L over R as you sweep R from back to front, Cross R over L, 1/8 turn R step L back (1.30)  
3&4& Step R back, step L back, 1/8 turn R step R to R side, step L forward (3.00)  
5&6 ½ turn L step R back start sweeping L from front to back, ½ turn L continue sweep L forward, Press L forward prep over L shoulder (3.00)  
7&8& ½ turn R step R forward, ½ turn R step L back, ¼ turn R step R to R side, (\*\*) cross L over R (6.00)

**[17-24]: Side, 1/8L Back, Back, 1/8 L Side, Cross Rock Side, Cross, ¼ L Back, ¼ Sweep, Back Rock, Pivot ½ R**

1-2& Step R a big step to R, 1/8 turn L step L back, step R back (4.30)  
3&4& 1 /8 turn L step L to L side, cross rock R over L, recover L, step R to R side (3.00)  
5-6& Cross L over R, ¼ turn L step R back sweeping L from front to back, ¼ turn L continue sweeping L back (9.00)  
7&8& Rock L back, recover R, step L forward, ½ turn R step R forward (3.00)

**[25-32]: Fw, Fw, ½ R Back, ¼ R, Cross Rock Side, Cross, 1/8 R back, Back, 1/8 R Side, 1/8 R Fw, Fw, 1/8 R Cross**

1-2& Step L forward, step R forward, ½ turn R step L back (9.00)  
3&4& ¼ turn R step R to R side, cross rock L over R, recover R, step L to L side (12.00)  
5-6& Cross R over L, 1/8 turn R step L back, step R back (1.30)  
7&8& 1 /8 turn R step L behind R, 1/8 turn R step R forward, step L forward, 1/8 turn R cross R over L (6.00)

**(\*\*) TAG / Restart on walls 3 and 6:**

**[9-16] Cross Sweep, Cross, 1/8 R Back, Back x2, 1/8 R Side, Fw, ½ R Back Sweep, Press, ½ R fw, ½ R Back, ¼ R, Touch**

1-2& Cross L over R sweep R from back to front, Cross R over L, 1/8 turn R step L back  
3&4& Step R back, step L back, 1/8 turn R step R to R side, step L forward  
5&6 ½ turn L step R back start sweeping L front to back, ½ turn L continue sweep L, Press L forward prep over L shoulder  
7&8& ½ turn R step R forward, ½ turn R step L back, ¼ turn R step R to R side, touch L next to R

HOPE YOU ENJOY...

Contact: E-mail: [Renenewline@hotmail.com](mailto:Renenewline@hotmail.com)

