

Cool and Mellow

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Martie Papendorf (SA) - November 2013
音樂: Cool And Mellow - Drie Van Die Bestes : (Album: Platinum)



Start on vocals: 32 counts from start of piano. - No Tags Or Restarts

S1: Cross, Point, Step, Point, Step, Point, Step, Rock fwd back 1/8 turn left, Coaster

1&2& Step R across L, Point L to left side, Step L next R, Point R to right side,
3&4 Step R next to L, Point L to left side, Step L next R,
5,6 Rock R fwd, Recover back onto L making a 1/8 turn left, [10.30]
7&8 Step R back, Step L next to R, Step R fwd [10.30]

S2: Rock fwd back, Step 1/8 left, Cross, Side, Behind, Side, Rock fwd 1/8 left, Recover, Coaster 1/8 left

1,2 Rock L fwd, Recover R back,
&3&4& Step L next to R making a 1/8 turn left, Step R across L, Step L to left side, Cross R behind L,
Step L to left side, [9.00]
5,6 Rock R fwd making a 1/8 turn left, Recover back onto L, [7.30]
7&8 Step R back making a 1/8 turn left, Step L next to R, Step R fwd [6.00]

S3: Fan grind L, Fan grind R, Fwd, Kick, Step, Point back, Step

1,2 Touch L heel fwd [toes in], Fan toes out and step L fwd,
3,4 Touch R heel fwd [toes in], Fan toes out and step R fwd,
5,6 Step L fwd, Kick R fwd,
&7,8 Step R back, Point L back, Step L next to R[6.00]

S4: Diagonal shuffles back R L, Sailor ¼ right, Fwd, Sweep turn ½ left

1&2 Step R diagonal back, Step L next to R, Step R back,
3&4 Step L diagonal back, Step R next to L, Step L back,
5&6 Step R behind L making a ¼ turn right, Rock L to left side, Recover R to right side, [9.00]
7,8 Step L fwd, Sweep R from back to front making a ½ turn left on ball of L [3.00]

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Last Revision - 11th Nov 2013