|  |  |
| --- | --- |
| Cooin' & A Wooin' |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 32 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Michael Barr (USA) | | | | |
| **Music:** | Itty Bitty Little Single Solitary Piece Of My Heart - Lari White | | | | |
| . | | | | | | |

**CROSS-BALL-CHANGE, CROSS-¼ LEFT - ¼ LEFT, ¼ TURN COASTER, BRUSH-BRUSH-BRUSH**

|  |  |
| --- | --- |
| 1&2 | Cross step left behind right, step ball of right side right, step left side left |

|  |  |
| --- | --- |
| 3&4 | Cross step ball of right behind left, step left into ¼ turn left, step right into ¼ left stepping side right |

|  |  |
| --- | --- |
| 5&6 | Turning on ball of right ¼ left step back on ball of left, step ball of right next to left, step left forward |

|  |  |
| --- | --- |
| 7&8 | Brush right forward, brush right across left shin, touch right toe on left side of left foot |

**Option: Keeping right toe on the floor, draw a circle crossing over the left foot (7), touch right on left side of left foot (8)**

**FORWARD, TOUCH, FORWARD, TOUCH, FORWARD, TOUCH, BACK ¼ LEFT, TOGETHER**

**Styling: Place hands on top of thighs, finger facing down, elbows bent out to the sides**

|  |  |
| --- | --- |
| 1-2 | Step right forward, touch left forward |

|  |  |
| --- | --- |
| 3-4 | Step left in place, touch right forward |

|  |  |
| --- | --- |
| 5-6 | Step right in place, touch left forward |

|  |  |
| --- | --- |
| 7-8 | Take big step back on left turning ¼ left, step right next to left (pop the left knee forward) |

**KICK-BALL-FORWARD, WALK, WALK, KICK-BALL-FORWARD, TWIST & TWIST ¼ LEFT**

**Styling: During the forward steps, bring the hips forward first to add some styling**

|  |  |
| --- | --- |
| 1&2 | Kick left forward, step ball of left next to right, step right forward (small step) |

|  |  |
| --- | --- |
| 3-4 | Walk forward on left, right |

|  |  |
| --- | --- |
| 5&6 | Kick left forward, step ball of left next to right, step right forward (small step) |

|  |  |
| --- | --- |
| 7&8 | Swivel heels right, starting a ¼ turn left, swivel heels left, return heels center finishing the ¼ turn left (weight right) |

**KICK-BALL-FORWARD, WALK, WALK, KICK-BALL-FORWARD, TWIST & TWIST ¼ LEFT**

**Styling: During the forward steps, bring the hips forward first to add some styling**

|  |  |
| --- | --- |
| 1&2 | Kick left forward, step ball of left next to right, step right forward |

|  |  |
| --- | --- |
| 3-4 | Walk forward on left, right |

|  |  |
| --- | --- |
| 5&6 | Kick left forward, step ball of left next to right, step right forward |

|  |  |
| --- | --- |
| 7&8 | Swivel heels right, starting a ¼ turn left, swivel heels left, return heels center finishing the ¼ turn left (weight right) |

**REPEAT**