Cocoon (茧)

Count: 16 **Wall:** 4 **Level:** Intermediate
Choreographer: Heru Tian (INA) - June 2021
Music: Cocoon (繭) - Zhou Shen (周深) : (The Long Ballad OST)

***1 Tag, No restart**

***** Tag 2C after wall 5 :**

1-2	Step Lf to Side, sway to L (1), Transfer weight to Rf, sway to R (2)

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Intro : 8 Counts

SECTION 1 : L CROSS- R SWEEP- R TWINKLE STEP (X2)- L CROSS- R SCISSORS STEP- L ¼ TURN R BACK- ½ UNWIND TURN R - R FWD

1 2&a	Cross Lf over Rf, Sweep Rf back to front (1), Cross Rf over Lf (2), Ball Lf to Side (&), Recover on Rf (a)
3 4&a	Cross Lf over Rf, Sweep Rf back to front (3), Cross Rf over Lf (4), Ball Lf to Side (&), Recover on Rf (a)
5 6&a	Cross Lf over Rf (5), Step Rf to Side (6), Step Lf together (&), Cross Rf over Lf (a)
7	Make a ¼ turn R, Step Lf back make a ½ unwind turn R, facing 9.00 (7) keep weight on Lf
8	Step Rf fwd (8)

SECTION 2 : L FWD- R FWD- L HITCH - ¼ DIAMOND STEP- R BIG STEP BACK- ¼ TURN L FWD- FULL TURN L- R FWD- L, R BACK- L ¼ TURN L SIDE- R SIDE POINT- R ¼ TURN R FWD - L ½ TURN R BACK- R 3/8 TURN R FWD

a1	Step Lf fwd (a), Step Rf fwd, Hitch Lf (1)
2&a	Cross Lf over Rf (2), Step Rf to Side (&), Make a 1/8 turn L, Step Lf back facing 7.30 (a)
3	Take a long step Rf to back (3)
4&a	make a ¼ turn L, Step Lf fwd (4), ½ turn L step Rf back (&), ½ turn L Step L fwd (a) facing 4.30
5	Step Rf fwd (5)
6&a	Step Lf back (6), Step Rf back (&), Make a ¼ turn L Step Lf to Side, facing 1.30 (a)
7	Point Rf to Side, angle body to 11.30 (7)
8&a	Make a ¼ turn R, Step Rf fwd (8) facing 4.30, ½ turn R Step Lf back (&) facing 11.30 , 3/8 turn R Step Rf fwd (a) facing 3.00

Start Again...

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