

Cooling Down

Count: 160

Wall: 1

Level: Beginner

Choreographer: KimSam (KOR) - May 2025

Music: Before Sadness Come (슬퍼지려 하기전에) - COOL (쿨) : (Album: Destined For The Bestbum: Destined For The Best)



Intro: 32 Counts (Walking in place)

TAG: 32c (Do some light neck exercises and breathing exercises for 32 counts.)

The instructor can face them, and start with your left foot.

Stretching seems like a good exercise to relieve tension in the body, especially at the end. Stretching, which continues lively with Cool's emotional melody, will also provide a comfortable ending for the audience.

[1-8] VINE RIGHT, JUMP & CLAP

- 1234 Side R to R (1), Behind L to R (2), Side R to R (3), jump slightly with both feet together and clap your hands (4)
- 5678 Side L to L (5), Behind R to L (6), Side L to L (7), jump slightly with both feet together and clap your hands (8)

[9-32] REPEAT

[33-40] TOUCH SIDE, TOUCH BESIDE, STEP SIDE, TOUCH TOGETHER, (R-L)

- 1234 Touch R to R (1), touch R beside L (2), step R to R side put your weight on your right foot (3), touch L beside R (4)
- 5678 Touch L to L (5), touch L beside R (6), step L to L side put your weight on your left foot (7), touch R beside L (8)

[41-64] REPEAT

[65-72] V-STEP ×2 (twice)

- 1234 R diagonally fwd (1), L diagonally fwd (2), R center position (3), L center position (4)
- 5678 R diagonally fwd (5), L diagonally fwd (6), R center position (7), L center position (8)

[73-80] REPEAT

[81-88] JAZZ BOX ×2 (twice)

- 1234 Cross R over L (1), L behind R (2), R to R side (3), forward L over R (4)
- 5678 Cross R over L (5), L behind R (6), R to R side (7), forward L over R (8)

[89-96] REPEAT

[97-104] STEP RIGHT HITCH, TOUCH ×4

- 1234 Diagonally R to R (1), step L hitch, (touch your knees with hands) (2), touch L to L side (3), L hitch, touch your knees with hands (4)
- 5678 touch L to L side (5), L hitch, touch your knees with hands (6), touch L to L side (7), L hitch, touch your knees with hands (8)

[105-112] STEP LEFT HITCH, TOUCH ×4

- 1234 Step L to L side (1) R hitch, touch your knees with hands (2), touch R to R side (3), R hitch, touch your knees with hands (4)
- 5678 touch R to R (5), R hitch, touch your knees with hands (6), touch R to R side (7), R hitch, touch your knees with hands (8)

[113-120] REPEAT [97-104]

[121-128] REPEAT [105-112]

TAG HERE Tag the second session wall.

Do some light neck exercises and breathing exercises for 32 counts.

[129-136] V-STEP ×2 (twice)

1234 R diagonally fwd (1), L diagonally fwd (2), R center position (3), L center position (4)

5678 R diagonally fwd (5), L diagonally fwd (6), R center position (7), L center position (8)

[137-144] REPEAT

[145-152] JAZZ BOX ×2 (twice)

1234 Cross R over L (1), L behind R (2), R to R side (3), cross L over R (4)

5678 Cross R over L (5), L behind R (6), R to R side (7), cross L over R (8)

[153-160] REPEAT

TAG Do some light neck exercises and breathing exercises for 32 counts.

***You can modify it to suit your taste.**

[1-8] BREATHING ARM RAISE

1-8 Take a deep breath and slowly raise both arms.

[9-16] BREATHING ARM RAISE

1-8 Exhale and lower slowly

[17-24] SIDE STRETCH

1-8 Lean to the left and stretch your right side.

[25-32] SIDE STRETCH

1-8 Lean to the right and stretch your left side

***ENDING MOTION: 1Count**

Extend both arms up and down while stomping your right foot next to your left foot.

Have a healthy and happy time with line dancing

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