

# Cool Me Down

Count: 40

Wall: 2

Level: Improver

Choreographer: Mark Cook (UK)

Music: Cool Me Down - Jenai



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## **SIDE ROCK CROSS, WEAWE RIGHT, CROSS, SIDE ROCK CROSS, ½ TURN, CROSS**

- 1&2            Rock left to left side, recover weight to right, cross left over right
- 3&4&        Step right to right side, step left behind right, step right to right side, cross left over right
- 5&6            Rock right to right side, recover weight to left, cross right over left
- 7&8            Step left to left side, turn ½ over right shoulder stepping on to right, cross left over right,  
(facing 6:00)

## **SIDE ROCK CROSS, ¾ TURN RIGHT, FULL TURN PIVOT, SHUFFLE BACK**

- 9&10            Rock right to right side, recover weight to left, cross right over left
- 11&12        Step left to left side, turn ¾ over right stepping on to right, step forward on left, (facing 3:00)
- 13&14        Step forward on right, ½ pivot over left shoulder, make ½ turn over left shoulder as you step  
back on right, (facing 3:00)
- 15&16        Shuffle back, left, right, left

## **COASTER BACK, SHUFFLE FORWARD, ¾ PIVOT, SAILOR**

- 17&18        Step back on right, step left next to right, step forward on right
- 19&20        Shuffle forward, left, right, left
- 21&22        Step forward on right, pivot ¾ turn over left shoulder, step right to right side, (facing 6:00)
- 23&24        Cross left behind right, step right to right side, step left to left side

## **HIP BUMPS TWICE, ROCK ¼ TURN LEFT, HIP BUMPS TWICE, ROCK ¼ TURN LEFT**

- 25&26        Step forward on right as you bump hips forward, bump hips back, bump hips forward
- 27&28        Rock forward on left, recover weight to right, make ¼ turn to left as you step on left, (facing  
3:00)
- 29&30        Step forward on right as you bump hips forward, bump hips back, bump hips forward
- 31&32        Rock forward on left, recover weight on right, make ¼ turn to left as you step on left, (facing  
12:00)

## **ROCK ½ TURN, FULL TURN PIVOT, COASTER, SKATE LEFT, SKATE RIGHT**

- 33&34        Rock forward on right, recover weight to left, ½ turn over right stepping on to right, (facing  
6:00)
- 35&36        Step forward on left pivot ½ turn over right shoulder, make ½ turn over right stepping back on  
left, (facing 6:00)
- 37&38        Step back on right, step left next to right, step right forward
- 39-40        Skate forward on left, skate forward on right

## **REPEAT**

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