

Feeling Coolish

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Mitzi Day (USA) & Lisa McCammon (USA) - May 2019
音乐: Cool - Jonas Brothers : (Single)



Start weight on L crossed over R - 16 count intro

NC BASIC R, NC BASIC L; REVERSE RUMBA BOX

1, 2& Long step side R, step L back and slightly behind, cross R
3, 4& Long step side L, step back R and slightly behind, cross L
5&6& Step R to side, close L, step back R, touch L home
7&8& Step L to side, close R, step forward L, touch R home

PLACE-TWIST-TWIST-KICK-COASTER STEP; MIRROR

1&2& Place R forward (no weight), twist both heels R, L (weight L), kick R forward
3&4 Step back R, close L, step forward R
5&6& Place L forward (no weight), twist both heels L, R (weight R), kick L forward
7&8 Step back L, close R, step forward L

HEEL STRUT, HEEL STRUT, CHUG 2X TURNING LEFT; REPEAT

1& Touch R heel slightly forward, drop ball taking weight
2& Touch L heel slightly forward, drop ball taking weight
3&4& Rock/push onto R, recover L whilst turning left 1/8; repeat, ending at [9], weight L
5& Touch R heel slightly forward, drop ball taking weight
6& Touch L heel slightly forward, drop ball taking weight
7&8& Rock/push onto R, recover L whilst turning left 1/8; repeat, ending at [6], weight L
(hint: over-rotate slightly to left diagonal on last chug)

CROSS-BACK-SIDE, CROSS-BACK-SIDE; TWIST-&-TWIST-&-KICK-BALL-CROSS

(Note: counts 1-4 move slightly back)

1&2, 3&4 Cross R, step back L, step R to side; cross L, step back R, step L to side (feet apart)
5& Twist R heel in, twist R heel out, ending with weight on R
6& Twist L heel in, twist L heel out, ending with weight on L (open slightly to right diagonal)
7&8 Kick R to right, step R ball home, cross L (ready to step side R into NC basic)

TAG AFTER 5th repetition facing 6:00—repeat kick-ball cross

1&2 Kick R forward, step R ball home, cross L

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