

So Cold

拍数: 64 墙数: 1 级数: Phrased Advanced
编舞者: Bradley Mather (USA) - May 2023
音乐: Cold - Chris Stapleton



INTRO - 4 counts of heavy beat
SEQUENCE - A B 1/2B A B1/2B A B B B

Part A - 32 counts

RISE, 1/2 PIVOT, 1/2 SIDE, SAILOR W/POINT, SWAY, SWAY 1/4 L, RUN BACK 3X W/SWEEP

- 1 2&3 step right to right diagonal rising and lifting right arm while lifting left leg behind(1), step left to right diagonal(2), pivot 1/2 R stepping onto right(&), step left to left turning 1/2 L(3) (12:00)
- 4&5 step right behind left(4), step left to left(&), step point right to right swaying and twisting body left(5) (12:00)
- 6 7 sway right(6), sway left turning 1/4 L(7) (9:00)
- 8&1 run back onto right(8), run back onto left(&), run back onto right sweeping left from front to back (1) (9:00)

WEAVE, 1/4 PIVOT, WALK X2, FORWARD ROCK, SIDE ROCK 1/4, BACK W/1/8 PASSE

- 2&3 step left behind right(2), step right to right(&), step left across right(3) (9:00)
- 4&5 step right to right(4), turn 1/4 L stepping left forward(&), step right forward(5) (6:00)
- 6 7& step left forward(6), rock right forward(7), recover weight to left(&) (6:00)
- 8&1 turn 1/4 R rocking right to right(8), recover weight to left(&), step right behind left bringing leg from front to back in passe while turning 1/8 L(1) (7:30)

3/8 SYNCOPATED WAVE, WALK 2X, 1/4 PIVOT, WEAVE W/SWEEP

- 2&3& step left behind right turning 1/8 L(2), step right to right(&), step left across right turning 1/8 L(3), step right to right(&) (5:30)
- 4&5 step left behind right turning 1/8 L(4) step right to right(&), step left forward(5) (3:00)
- 6 7& step right forward(6), step left forward(7), turn 1/4 R stepping right to right(&) (6:00)
- 8&1 step left across right(8), step right to right(&), step left behind right sweeping right from front to back(1) (6:00)

SAILOR, TOUCH IN OUT IN, BASIC, 2 1/4 TURN

- 2&3& step right behind left(2), step left ot left(&), step right to right(3), touch left next to right(&) (6:00)
- 4&5 touch left to left(4), touch left next to right(&), step left to left(5) (6:00)
- 6&7& rock back onto right(6), recover onto left(&), step right 1/4 R(7), 1/2 R stepping left down(&) (3:00)
- 8&a step right 1/2 R(8), step left 1/2 R(&), step right 1/2 R(a) (9:00)

*Easier option:

- *6&7 rock back onto right(6), recover onto left(&), step right 1/4 R(7) (6:00)
*8& step left together turning 1/2 R(8), step right to right turning 1/2 R(&) (9:00)

*Easiest option:

- *6&7 rock back onto right(6), recover onto left(&), step right 1/4 R(7) (6:00)
*8& step left forward(8), step right forward(&) (9:00)

Note: You will continue turning 1/4 R to begin part B at 12:00

Part B - 32 counts

1/4 W/TWIST & REACH, SPIRAL 1/2, 1/4, SIDE, BACK W/REACH, DIAMOND FALLAWAY

- 1 2 3 step left to left turning final 1/4 R starting to twist body right and reach left arm forward and across(1), continue twisting and reaching(2), use upper body to untwist and spiral 1/2 L (6:00)

- 4&5 turn $\frac{1}{4}$ L stepping left to left(4), step right to right turning $\frac{1}{8}$ L(&), step left back reaching left arm up and forward beginning diamond fallaway(5) (1:30)
- 6&7 step right back turning $\frac{1}{4}$ L(6), step left to left turning $\frac{1}{4}$ L(&), step right to right turning $\frac{1}{8}$ L(7) (6:00)
- 8&1 step left back turning $\frac{1}{8}$ L(8), step right back(&), step left to left turning $\frac{1}{4}$ L(1) (1:30)

CROSS ROCK SIDE, CROSS ROCK, BASIC, RUN $\frac{1}{4}$ TO CHECK/W REACH

- 2&3 rock right across left(2), recover to left(&), step right to right turning $\frac{1}{4}$ R(3) (4:30)
- 4&5 rock left across right(4), recover to right(&), step left back diagonally(5) (4:30)
- 6&7& rock right back(6), recover to left(&), step right forward turning $\frac{1}{8}$ R(7), step left forward $\frac{1}{4}$ R(&) (9:00)
- 8&1 step right forward turning $\frac{1}{4}$ R(8), step left forward $\frac{1}{8}$ R(&), lunge right leg forward with split weight reaching left forward and twisting body to right(1) (1:30)

RESTART ON 2nd AND 4th B

RECOVER, $\frac{1}{4}$, $\frac{1}{2}$ PIVOT, FULL TURN, STEP, STEP $\frac{1}{4}$ CROSS, $\frac{1}{4}$ BACK

- 2&3 recover weight to left(2), step right back(&), step left $\frac{3}{8}$ L(3) (9:00)
- 4&5 step right forward(4), turn $\frac{1}{2}$ L stepping onto left(&), step right forward making a full turn L and bending right knee to lower(5) (3:00)
- 6 7& step left forward remembering to breathe(6), step right forward(7), turn $\frac{1}{4}$ L stepping left down(&) (12:00)
- 8& cross right over left(8), step left back turning $\frac{1}{4}$ R(&) (3:00)

BASIC, SIDE, TOUCH, UNWIND, CROSS ROCK, SIDE, ACROSS, $\frac{1}{4}$ $\frac{1}{2}$

- 1 2&3 step right to right turning $\frac{1}{4}$ R(1), rock left back(2), recover weight to right(&), step left to left(3) (6:00)
- 4 5 touch right toe behind left(4), turn $\frac{1}{2}$ R stepping right to right(5) (12:00)
- 6&7& rock left across right(6), recover weight to right(&), step left to left(7), cross right across left(&) (12:00)
- 8& step left back turning $\frac{1}{4}$ R(8), step right forward turning $\frac{1}{2}$ R(&) (9:00)

Note: You will continue turning $\frac{1}{4}$ R to begin part B at 12:00

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