

For the Cool (aka Cool in You)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 0 级数: Intermediate
编舞者: Ashley Dunbar (USA) - June 2025
音乐: For the Cool In You - Babyface



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

*1ST ROTATION:

PART 1: 16 COUNTS

STEPPIN BASIC, FULL TURN RIGHT

1&2 Cross left in front of right, step on right, recover on left
3&4 Cross right in front of left, step on left, recover on right
5 6 Step in place: left, right (optional: full right turn on 5 6)

[7-12] REPEAT STEPS [1-6] ABOVE ENDING WITH FULL RIGHT TURN s+6+FOR COUNTS 11, 12

SKATE STEPS

13 14 15 16 Skat left, right, left, right

PART 2: 16 COUNTS

ROCK UP, LOCK STEP BACKWARDS CHA, ROCK BACK, HALF LEFT CHA TURN

1 2 3&4 Rock up on left, recover on right, cha cha back locking on left, right, left
5 6 Rock back on right, recover on left
7&8 Make half left turn cha cha cha on right, left, right

ROCK BACK, HALF RIGHT CHA TURN, ROCK BACK, QUARTER LEFT TURN SLIDE

1 2 3&4 Rock back on left, recover on right, make half right turn cha cha cha on left, right, left
5 6 7 8 Rock back on right, recover on left, make quarter left turn stepping on right, slide left to right

SKATE STEPS

13 14 15 16 Skat left, right, left, right

*2ND, 3RD, 4TH, 5TH etc. ROTATIONS;

REPEAT PART 1 FIRST 12 COUNTS

REPEAT PART 2 ALL 16 COUNTS

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