拍数： 64 壇数： 4
编舞者：Caroline Robson（UK）
音乐：Cold Hearted－Clay Walker


## CROSS TOUCHES AND UNWIND

1－2 Right cross behind left，left touch to left side
3－4 Left cross behind right，right touch to right side
5－6 Right cross behind left，unwind left／2 turn to right
7－8 Left cross behind right，right touch to right side

## CROSS TOUCHES AND UNWIND，MODIFIED HEEL JACKS TWICE

1－2 Right cross behind left，left touch to left side
3－4 Left cross behind right，unwind left／2 turn left
\＆5\＆6 Left foot back and right heel forward－right heel back and left together
\＆7\＆8 Right foot back and left heel forward－left heel back and right together

## MASHED POTATO STEPS，STAMPS AND APPLEJACKS

1－4 Mashed potato steps－walking back，right，left，right，left，turning heels in and toes out as you step back．Can be done as a straight step back
5－6 Stamp right，stamp left
7－8 Applejacks－weight on left toe and right heel，swing heels together toes apart then back together－weight on right toe and left heel，swing heels together toes apart then back together

## CROSS UNWIND，STAMPS，APPLEJACKS，CROSS UNWIND

1－2 Cross right over left unwind，left／2 turn to left
3－4 Stamp right，stamp left
5－6 Applejacks－weight on left toe and right heel，swing heels together toes apart then back together－weight on right toe and left heel，swing heels together toes apart then back together
7－8 Cross right over left，left／2 turn to left

## JUMP BACK，KNEE ROLLS，HIP CIRCLE

\＆1－2 Jump back right，left and hold for one count
3－4 Roll left knee from center towards left and back to center
5－6 Roll right knee from center towards right and back to center
7－8 Roll hips in circle to the left

## HIP CIRCLE AND WALK WITH HIP BUMPS

1－2 Roll hips in circle to the left
3\＆4 Step right forward with two hip bumps to the right 5\＆6 step left forward with two hip bumps to the left
7\＆8 Step right forward with two hip bumps to the right
WALK WITH HIP BUMPS，BACK RIGHT SHUFFLE，ROCK STEP，FORWARD LEFT SHUFFLE

1\＆2
$3 \& 4$
5－6
7\＆8

HITCH AND BACK，HITCH AND BACK WITH QUARTER TURN，SWEEP HALF TURN，SAILOR STEP
1\＆2
Hitch right，replace right and touch left back
3\＆4

Step left forward with two hip bumps to the left
Step back right bring left together，step back right
Step back left taking weight onto left foot，recover weight forward onto right foot
Step forward left bring right together，step forward left

Left hitch with $1 / 4$ turn to left，replace left and touch right back

