

# CHL (Cold Hearted Lover)

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Celia Costa (USA) - July 2025  
音樂: Cold Hearted - Paula Abdul : (Greatest Hits)



Intro: 32 counts  
No Tags, No Restarts

## Section 1: RF ROCK BACK, RECOVER, STEP 1/4 TURN LEFT, RF ROCKING CHAIR

1,2,3,4      Rock back on RF, recover onto LF, RF steps forward, 1/4 turn left (9:00)  
5,6,7,8      Rock forward on RF, recover on LF, Rock back on RF, Recover on LF

## Section 2: V-STEP x2

1,2,3,4      RF steps out onto R diagonal, LF steps out onto L diagonal, step RF back diagonal, step LF  
back diagonal next to RF  
5,6,7,8      Repeat above

## Section 3: R HEEL STRUT, L HEEL STRUT, R HEEL STRUT, L HEEL STRUT

1,2,3,4      Step R heel forward, drop R toe, step L heel forward, drop L toe  
5,6,7,8      Step R heel forward, drop R toe, step L heel forward, drop L toe

## Section 4: DIAGONAL STEPS BACK WITH TOUCH

1,2,3,4      RF steps diagonally back, LF touches next to R, LF steps diagonally back, RF touches next  
to L  
5,6,7,8      RF steps diagonally back, LF touches next to R, LF steps diagonally back, RF touches next  
to L

Begin Again

Optional Ending, if using this 3:36 song version: On wall 13, replace counts 3,4 (of Section 1) with two small steps forward, then continue to end of song.

Contact: [celia828nc@gmail.com](mailto:celia828nc@gmail.com)

This dance was choreographed so absolute beginners can have a dance to this fun retro song.  
Hope everyone enjoys.

Last Update: 3 Jul 2025