

Cold Hearted

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Cold Hearted - Paula Abdul



Intro: 32 counts

(1-8) Cross Recover, Step, Cross Side, Back Recover, Side Chasse

- 1-2 Cross step right over left. Recover weight on right
- &34 Small step right beside left. Cross step left over right. Step right to right side
- 5-6 Rock back on left. Recover weight on right
- 7&8 Step left to left side, Step Right together, Step left to left

(9-16) Right Chasse, ½ Turn Right, Left Chasse, Out, Out, In, In

- 1&2 Step right to right side, Step left together, Step right to right side
- 3&4 ½ turn right. Step left to left side. Step right together. Step left to left
- 5-6 Step right diagonally forward. Step left diagonally forward
- 7-8 Step back right. Step left beside right

(17-24) Cross Right Shimmy, Hitch Cross, Right Chasse

- 1 Cross step right over left
- 2-4 Shimmy Shoulder (spread arms apart to side)
- 5 Hitch left leg. (Place left hand on left hip, bring right hand with palm down above level of your head and arc to the left)
- 6 Cross step left over right
- 7&8 Step right to right side. Step left together. Step right to right

(25-32) Full Turn Left Vine, Side Together Side Step

- 1-2 ¼ turn left stepping forward left. ½ turn left stepping back on right
- 3-4 ¼ turn left stepping forward left. Touch right beide left
- 5-8 Step right to right. Step left together. Step right to right. Step left beside right

(33-40) Jazz Boxes With ¼ Turn Right, Repeat

- 1-4 Cross step right over left. Make 1/4 turn right stepping back on Left. Step back on left. Cross step left over right (9:00)
- 5-8 Cross step right over left. Make 1/4 turn right stepping back on Left. Step right to right side. Cross step left over right (12:00)

(41-48) Skate Diagonally Forward, Step Lock Shuffle Forward, Repeat

- 1-2 Skate diagonally forward right, left
- 3&4 Step diagonally forward on right, Lock left behind, Step forward on right
- 5-6 Skate diagonally forward left, right
- 7&8 Step diagonally forward on left, Lock right behind, Step forward on left

(49-56) Step Forward, Hitch ½ Turn Walk Walk, Repeat

- 1-2 Step forward right. Hitch left making ½ turn right
- 3-4 Walk forward left Right
- 5-6 Step forward left. Hitch right making ½ turn left
- 7-8 Walk forward Right left

(57-64) Rock Recover, ½ Turn Right Forward Shuffle, ¼ Turn Right Side Chasse, Rock Recover

- 1-2 Rock right forward. Recover weight on left
- 3&4 ½ turn right stepping forward right shuffle

5&6 ¼ turn right stepping left side chasse
7-8 Rock back on right. Recover weight on left (9:00)

Start Again (Enjoy dancing and have fun!)
