

Keeping My Cool

32 Count, 4 Wall, Intermediate (Cha Cha)

Choreographer: Malene Jakobsen (DK) Oct 2015

Choreographed to: Keep My Cool (single) by Madcon
(132bpm)

Intro: 16 counts from the beginning 8 sec. seconds into track, dance begins with weight on L

[1-9] Walk fwd., L mambo, walk back, sailor 1/4 R

1-2-3 (1-2-3) Walk fwd. R, L, R 12.00

4&5 (4) Rock fwd. on L, (&) recover onto R, (5) step slightly back on L 12.00

6-7 (6) Walk back on R, (7) walk back on L starting to sweep R into a sailor 12.00

8&1 (8) Cross R behind L making 1/4 R, (&) step slightly back on L, (1) step fwd. on R 3.00

[10-17] Walk fwd., L mambo, walk back, sailor 1/4 R

2-3 (2-3) Walk fwd. L, R 3.00

4&5 (4) Rock fwd. on L, (&) recover onto R, (5) step slightly back on L 3.00

6-7 (6) Walk back on R, (7) walk back on L starting to sweep R into a sailor 3.00

8&1 (8) Cross R behind L making 1/4 R, (&) step slightly back on L, (1) step fwd. on R 6.00

[18-25] Fwd. rock, coaster, step, touch, back lock

2-3 (2) Rock fwd. on L, (3) recover onto R 6.00

4&5 (4) Step back on L, (&) step R next to L, (5) step fwd. on L 6.00

6-7 (6) Step fwd. on R, (7) touch L behind R 6.00

8&1 (8) Step back on L, (&) lock R across L, (1) step back on L 6.00

[26-32] 1/4, touch, chasse, back rock, side together

2-3 (2) Turn 1/4 R stepping R to R, (3) touch L next to R 9.00

4&5 (4) Step L to L, (&) step R next to L, (5) step L to L 9.00

6-7 (6) Rock back on R, (7) recover onto L 9.00

8& (8) Step R to R, (&) step L next to R 9.00