

BPM 116

Note: Start the dance with body open to 11:00

Section 1 CROSS, SIDE, SAILOR, CROSS, SIDE, ¼ TURN SAILOR

1 – 2 Cross R over L; Step L side left
3 & 4 Step R behind L; Step ball of L to left; Step R to right
5 – 6 Cross L over R; Step R side right
7 & 8 Turn ¼ left & step L behind R; Step R to right; Step L slightly left (9:00)

Section 2 KICK BALL CHANGE, TRIPLE FORWARD, ¼ RIGHT SWAY, SWAY, SWAY, HITCH

1 & 2 Kick R forward while raising up on ball of L; Step ball of R back; Return weight to L
3 & 4 Step R forward; Step L beside R; Step R forward (prep and shape body to right)
5 – 6 Turn ¼ right & step L to left with hip sway; Sway hips right; (12:00)
7 – 8 Sway hips left; Hitch R foot next to L calf

Section 3 TRIPLE RIGHT, 1/4 TURN TRIPLE LEFT, FORWARD FORWARD, 3 HAND PRESSES WITH ¼ BODY ROTATION

1 & 2 Step R to right; Step L next to R; Step R to right
3 & 4 Turn ¼ left (on ball of R) & step L to left; Step R next to L; Step L to left (9:00)
5 – 6 Soft stomp R forward to left diagonal; Step L forward (both feet weighted) (7:30)
7 & 8 With elbows bent, shrug shoulders & press both hands toward floor "COOL" (7)
Repeat while squaring body to 9:00 "WITH" (&); Repeat, while rotating body to 10:30 "IT" (10:30)

The three presses emphasize the words, Cool With It

Feet make a smooth body rotation from left to right diagonal of 9:00 wall.

Feet naturally move with rotation. Weight ends on L (ct. 8), leaning back.

Section 4 BACK ROCK, SIDE ROCK, ½ TURNING JAZZ BOX

1 – 2 Rock R back (10:30); Return weight to L
3 – 4 Rock R to right, squaring up to 9:00; Return weight to L (9:00)
Restart here on wall 6, facing 12:00
5 – 8 Step R over L; Turn ¼ right & step L back; Step R to right; Turn ¼ right & step L to left, with body open to left (making for an easy transition into the beginning) (3:00)

BEGIN AGAIN - ENJOY

ENDING: On the last count of the dance, do a ½ turn right instead of a ¼ turn right to face 12:00. Ta da!



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