## STEPPIN'OFF



## **THEPage**



Approved by:

ria « Linda Cold Cold Heart

4 WALL – 64 COUNTS – IMPROVER			
STEPS	Actual Footwork	Calling Suggestion	Direction
Section 1 1 - 2 3 - 4 5 - 6 7 - 8	Jazz Box With Toe Struts Cross right toe over left. Drop right heel taking weight. Step left toe back. Drop left heel taking weight. Step right toe to right side. Drop right heel taking weight. Step left toe beside right. Drop left heel taking weight.	Cross Strut Back Strut Right Strut Left Strut	Left Back Right
Section 2  1 - 2 3 - 4 5 - 6 7 - 8	Forward Heels, Back Steps (x 2) Step forward on right heel. Step forward on left heel. Step back on right foot. Step back on left foot. Step forward on right heel. Step forward on left heel. Step back on right foot. Step back on left foot.	Heel Heel Back Back Heel Heel Back Back	Forward Back Forward Back
Section 3  1 - 2 3 - 4 5 - 6 7 - 8 Styling	Side Behind x 3, Rock 1/4 Turn  Step right to right side. Cross left behind right.  Step right to right side. Cross left behind right.  Step right to right side. Cross left behind right.  Rock right to right side. Recover onto left stepping 1/4 turn left.  Counts 1. 3 and 5: step onto right heel.	Side Behind Side Behind Side Behind Rock Quarter	Right Turning left
Section 4 1 – 4 5 – 8 Option	Right And Left Forward Lock Steps With Holds Step right forward. Lock left behind right. Step right forward. Hold. Step left forward. Lock right behind left. Step left forward. Hold. Counts 5 - 7: replace lock step forward with triple full turn right.	Right Lock Right Hold Left Lock Left Hold	Forward
Section 5 1 - 2 3 - 4 5 - 6 7 - 8	Side Points, 1/4 Monterey, Side, Hold Point right to right side. Touch right beside left. Point right to right side. Make 1/4 turn right stepping right beside left. Point left to left side. Touch left beside right. Step left to left side. Hold.	Point Touch Point Turn Point Touch Side Hold	On the spot Turning right On the spot Left
Section 6 1 - 2 3 - 4 5 - 6 7 - 8	Vaudevilles Right And Left Cross right over left. Step left to left side. Touch right heel to right side, slightly forward. Step right in place. Cross left over right. Step right to right side. Touch left heel to left side, slightly forward. Step left in place.	Cross Side Heel Step Cross Side Heel Step	Left On the spot Right On the spot
Section 7 1 - 4 5 - 6 7 - 8	Rocking Chair, Heel Grind 1/4 Turn, Back Rock Rock forward on right. Rock back on left. Rock back on right. Rock forward on left. Step right heel forward, grinding heel 1/4 turn right. Step left back. Rock back on right. Rock forward on left.	Rocking Chair Grind Quarter Rock Back	On the spot Turning right On the spot
<b>Section 8</b> 1 – 4 5 – 8	Charleston Steps Kick right forward. Hold. Step right beside left. Hold. Touch left toe back. Hold. Step left beside right. Hold.	Kick Hold Back Hold Back Hold Step Hold	On the spot
Ending	(Facing 9:00) Dance to Count 2 Section 6, then Step right 1/4 turn right to face front and pose.		

Choreographed by: Brian and Linda (UK) October 2010

Choreographed to: 'Cold Cold Heart' by Alan Gregory (180 bpm) from CD Cold Cold Heart; full track available as free download from www.alangregory.me.uk

(music clips) (36 count intro)



A video clip of this dance is available at www.linedancermagazine.com