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LONG STEP FORWARD

5-6

7-8

Cold Front

48 Count, 2 Wall, Improver Choreographer: Mary Heal (UK) Aug 2014 Choreographed to: Cold Front by Laura Welsh (approx. 92 bpm - iTunes)

Intro: 16 counts

1 1-2	SKATES X 2, MAMBO ½ TURN RIGHT, ½ TURN RIGHT, STEP BACK, COASTER STEP. Skate forward on Right, skate forward on Left
3 & 4 5-6	Step Forward on Right, recover on Left, step forward on Right making ½ turn Right (6.00 Step back on Left making ½ turn Right, step back on Right(12.00)
7 & 8	Step back on Left, step Right next to Left, step forward on Left
2 1-2	SIDE ROCK/RECOVER, WEAVE, SIDE ROCK/RECOVER, WEAVE, ¼ TURN RIGHT. Step Right to Right side, recover weight on to Left
3 & 4	Step Right foot behind Left, step Left to Left side, step Right over Left
5-6 7 & 8	Step Left to Left side, recover weight on to Right, Step Left foot behind Right, step forward on Right making ¼ turn Right, step forward on Left (3.00)
3	CROSS, BACK, BACK SHUFFLE ON RIGHT DIAGONAL, ¼ TURN LEFT, ½ TURN LEFT, CHASSE 1/2 TURN LEFT.
1-2	Cross Right over Left, step back on Left
3 & 4 5-6	Step back on Right, step Left next to Right, step back on Right (on Right diagonal facing 3.00) Step forward on Left making ½ turn Left, (12.00) step back on Right making ½ turn Left (6.00)
7 & 8	Step Left to Left side making 1/4 turn Left, step Right next to Left,
	step forward on Left making ¼ turn Left (12.00)
4	ROCK FORWARD/RECOVER, COASTER STEP, STEP 1/4 PIVOT RIGHT, CROSS SHUFFLE
1-2 3 & 4	Step forward on Right, recover weight back on to Left Step back on Right, step Left next to Right, step forward on Right
5-6	Step forward on Left, pivot ¼ Right, (weight on Right foot) (3.00)
7 & 8	Step Left over Right, step Right to Right side, step Left over Right
5	(SIDE, TOUCH, SHUFFLE FORWARD ANGLED ON LEFT DIAGONAL) X 2
1-2 3 & 4	Step Right to Right side, touch Left next to right, Step forward on left, step Right next to Left, step forward on Left (angled to Left diagonal)
5-6	Step Right to Right side, touch Left next to right,
7&8	Step forward on left, step Right next to Left, step forward on Left (angled to Left diagonal)
6	CROSS ROCK/RECOVER, SIDE ROCK/RECOVER, BEHIND, 1/4 TURN LEFT, STEP 1/2 TURN LEFT,

1 & 2 & Cross Right over Left, recover weight on to Left, step Right to Right side, recover weight on to Left

Step Right behind Left, step forward on to Left making ½ turn Left (12.00) Step forward on Right, step forward on Left making ½ turn Left, (6.00)

Long step forward on Right, step Left next to Right