

# Cool and Mellow

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**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Martie Papendorf . South Africa. (Nov. 2013)

**Music:** Cool and Mellow. Drie vd Bestes [Three of the Best]. Drie Van Die Bestes: Platinum. [3:12 - 120 bpm]

**Start on vocals: 32 counts from start of piano. - No Tags Or Restarts**

**S1: Cross, Point, Step, Point, Step, Point, Step, Rock fwd back 1/8 turn left, Coaster**

- 1&2&**      Step R across L, Point L to left side, Step L next R, Point R to right side,  
**3&4**      Step R next to L, Point L to left side, Step L next R,  
**5,6**      Rock R fwd, Recover back onto L making a 1/8 turn left, [10.30]  
**7&8**      Step R back, Step L next to R, Step R fwd [10.30]

**S2: Rock fwd back, Step 1/8 left, Cross, Side, Behind, Side, Rock fwd 1/8 left, Recover, Coaster 1/8 left**

- 1,2**      Rock L fwd, Recover R back,  
**&3&4&**      Step L next to R making a 1/8 turn left, Step R across L, Step L to left side, Cross R behind L, Step L to left side, [9.00]  
**5,6**      Rock R fwd making a 1/8 turn left, Recover back onto L, [7.30]  
**7&8**      Step R back making a 1/8 turn left, Step L next to R, Step R fwd [6.00]

**S3: Fan grind L, Fan grind R, Fwd, Kick, Step, Point back, Step**

- 1,2**      Touch L heel fwd [toes in], Fan toes out and step L fwd,  
**3,4**      Touch R heel fwd [toes in], Fan toes out and step R fwd,  
**5,6**      Step L fwd, Kick R fwd,  
**&7,8**      Step R back, Point L back, Step L next to R [6.00]

**S4: Diagonal shuffles back R L, Sailor ¼ right, Fwd, Sweep turn ½ left**

- 1&2**      Step R diagonal back, Step L next to R, Step R back,  
**3&4**      Step L diagonal back, Step R next to L, Step L back,  
**5&6**      Step R behind L making a ¼ turn right, Rock L to left side, Recover R to right side, [9.00]  
**7,8**      Step L fwd, Sweep R from back to front making a ½ turn left on ball of L [3.00]

**Contact email-LinedanceInTheStrand@gmail.com**

**YouTube-<http://www.youtube.com/user/LinedanceInTheStrand>**

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