

# C & L In D (aka Cold & Lost in Desperation)

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**Count:** 32      **Wall:** 2      **Level:** High Intermediate Smooth

**Choreographer:** Rene Madsen (DK) June 2011

**Music:** Iridescent by Linkin Park

**Note: 2 restarts on wall 3 and wall 6 after 16 counts with a little change, look down below ?**

**[1-8]: Basic L, ¼ L Back, ½ L Fw, Mambo Step, Back, ½ R Fw, ¼ R Rock, Weave**

**1-2&**      Step L to L side, step R behind L, cross L over R

**3&4&¼ turn L step R back, ½ turn L step L forward, rock R forward, recover L (3.00)**

**5-6&**      Step R back, step L back, ½ turn R step R forward (9.00)

**7&8&¼ R rock L to L side, recover R, step L behind R, step R to R side (12.00)**

**[9-16]: Cross Sweep, Cross, 1/8 R Back, Back x2, 1/8 R , Fw, ½ R Back Sweep, Press, ½ R fw, ½ R Back, ¼ R , Cross**

**1-2&**      Cross L over R as you sweep R from back to front, Cross R over L, 1/8 turn R step L back (1.30)

**3&4&**      Step R back, step L back, 1/8 turn R step R to R side, step L forward (3.00)

**5&6½ turn L step R back start sweeping L from front to back, ½ turn L continue sweep L forward, Press L forward prep over L shoulder (3.00)**

**7&8&½ turn R step R forward, ½ turn R step L back, ¼ turn R step R to R side, (\*\*) cross L over R (6.00)**

**[17-24]: Side, 1/8L Back, Back, 1/8 L Side, Cross Rock Side, Cross, ¼ L Back, ¼ Sweep, Back Rock, Pivot ½ R**

**1-2&**      Step R a big step to R, 1/8 turn L step L back, step R back (4.30)

**3&4& 1/8 turn L step L to L side, cross rock R over L, recover L, step R to R side (3.00)**

**5-6&**      Cross L over R, ¼ turn L step R back sweeping L from front to back, ¼ turn L continue sweeping L back (9.00)

**7&8&** Rock L back, recover R, step L forward, ½ turn R step R forward (3.00)

**[25-32]: Fw, Fw, ½ R Back, ¼ R, Cross Rock Side, Cross, 1/8 R back, Back, 1/8 R Side, 1/8 R Fw, Fw, 1/8 R Cross**

**1-2&** Step L forward, step R forward, ½ turn R step L back (9.00)

**3&4&¼ turn R step R to R side, cross rock L over R, recover R, step L to L side (12.00)**

**5-6&** Cross R over L, 1/8 turn R step L back, step R back (1.30)

**7&8& 1/8 turn R step L behind R, 1/8 turn R step R forward, step L forward, 1/8 turn R cross R over L (6.00)**

**(\*\*) TAG / Restart on walls 3 and 6:**

**[9-16] Cross Sweep, Cross, 1/8 R Back, Back x2, 1/8 R Side, Fw, ½ R Back Sweep, Press, ½ R fw, ½ R Back, ¼ R, Touch**

**1-2&** Cross L over R sweep R from back to front, Cross R over L, 1/8 turn R step L back

**3&4&** Step R back, step L back, 1/8 turn R step R to R side, step L forward

**5&6½ turn L step R back start sweeping L front to back, ½ turn L continue sweep L, Press L forward prep over L shoulder**

**7&8&½ turn R step R forward, ½ turn R step L back, ¼ turn R step R to R side, touch L next to R**

**HOPE YOU ENJOY...**

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