

COOL ME DOWN

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Count: 40 **Wall:** — **Level:** —

Choreographer: Allan & Patricia Mitchell

Music: Cool Me Down by Jenai

Position: Start in open right side by side position facing LOD. Mirror image throughout unless stated

STEP PIVOT ½, TRIPLE ½ TURN, ROCK BACK, SHUFFLE FORWARD

- 1-2 Right step forward, pivot ½ turn left & left step forward. (release hands)
3&4 Triple ½ turn left stepping right, left, right. (back into open right side by side, facing LOD)
5-6 Left step back, rock forward onto right
7&8 Left shuffle forward stepping left, right, left

SIDE, TOGETHER, SIDE SHUFFLE, TOUCH, FULL TURN, TOUCH

- 1-2 Right step side right (release hands) left step beside right, (lady passing in front of man)
3&4 Right step side right, left step beside right. Right step side right. (briefly take up hands)
5-8 Left step ¼ left, right step back ½ turn left, left step side ¼ left, right touch beside left

Lady turning right in front of man. Briefly take up hands

SIDE, TOGETHER, SIDE SHUFFLE, TOUCH, ¾ TURN, STEP

- 1-2 Right step side right (release hands) left step beside right, (lady passing in front of man)
3&4 Right step side right, left step beside right. Right step side right
5-8 Left step ¼ left, right step side ¼ left, left step side ¼ left, right step beside left

Lady turning right in front of man to face each other, taking up double hand hold

CROSS ROCK TWICE, ROCK FORWARD & BACK

- 1&2 Left step across right, rock back onto right, left step side left

Lady cross rock back so mans left shoulder moves towards lady's left shoulder

- 3&4 Right step across left, rock back onto left, right step side right

Lady cross rock back so mans right shoulder moves towards lady's right shoulder

- 5&6 Left step forward, rock back onto right, left step beside right

Lady rocks back

7&8 Right step back, rock forward onto left, right step beside left

Lady rocks forward

MAN ¼ TURN LEFT, LADY 1¼ TURN RIGHT, SHUFFLE FORWARD X3

1-2MAN: Left step ¼ left, right step forward

LADY: Right step ¼ right, make full turn right stepping forward on left

Man releases lady's right hand and raises her left hand over lady's head

Easy option: leave out full turn

3&4 Left shuffle forward stepping left, right, left

Back into open right side by side, facing LOD

5&6 Right shuffle forward stepping right, left, right

Optional full turn left, lady right, on shuffles

7&8 Left shuffle forward stepping left, right, left

REPEAT