

Cool And Mellow

32 Count, 4 Wall, Improver

Choreographer: Martie Papendorf (South Africa)

Nov 2013

Choreographed to: Cool and Mellow by 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.

1 Cross, Point, Step, Point, Step, Point, Step, Rock fwd back ? left, Coaster step

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 ? turn left, [10.30]

7&8 Step R back, Step L next to R, Step R fwd [10.30]

2 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]

3 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]

4 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]