

Cold Cold Heart

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Choreography:	Doris Ho	email:	dorisdance123@gmail.com
Title & Album:	Cold Heart itune download https://youtu.be/oGZ1PVwJyPQ?si=Wa51KJMIFyW9RG4k	Rhythm:	West Coast Swing https://youtu.be/8UboiUZsWRA
Artist:	Elton John & Dua Lipa	Phase:	4 +2+1 (Whip Trn & Triple Travel w/Roll) (Send out)
Sequence:	Intro, A, B, C, B, C, B Mod(End)	Music/Tempo:	Cut Music at 2:28 Slow down 6% or more for comfort
Footwork:	Opp unless indicated (W's footwork in parentheses)		

INTRO

1-4	<u>WAIT 2 MEAS in CP RLOD ;; SIDE TCH 4 TIMES;;</u>
-----	1-2 Wait 2 Meas in CP in RLOD ;;
1234 5678	3-4 [Side Tch 4 Times] Sd L, Tch R to L no wgt, Sd R, Tch L to R no wgt; Sd L, Tch R to L no wgt, Sd R, Tch L to R no wgt;
5-8	<u>CHASSE LEFT & ANCHOR; SENDOUT to LOP LOD ;; SUGAR TUCK & SPIN ;;</u>
1&2 3&4	5 [Chasse Left & Anchor] Sd L/Cl R to L, Sd L, {Anchor}Small bk R/Rec sl fwd L, Bk R in CP RLOD;
56 7&8	6-8 [Sendout] Bk L leading W fwd, Bk R trng LF dancing off the track release R hd hold leading W fwd pass the M, Sd & bk L/Cl R to L, Fwd L into the track trng LF to fac LOD; {Anchor}Small bk R/Rec sl fwd L, Bk R to LOP facg LOD, ({Lady does the Left Side Pass} Fwd R, Fwd L passing the M, Fwd & sd R trng LF/XLIF of R trng LF, Sd & bk R facg RLOD; {Anchor}Small Bk L/Rec sl Fwd R, slightly Bk L;)
1&2	
34 56 7&8	[Sugar Tuck & Spin] Bk L, Bk R bring lead hnd in to center leading W to tuck fwd & sl LF; Tap L to R with L shoulder lead chkg W, Fwd L with L sd lead to lead W's spin, {Anchor}Small bk R/Rec sl fwd L, Bk R; (Fwd R, Fwd L slight LF trn to tight LOP; Tch R to L, Trn ½ RF on the L & fwd R spin ½ RF to fc ptr, {Anchor}Small Bk L/Rec sl Fwd R, sl Bk L;)

PART A

1-3	<u>SUGAR PUSH;; LEFT SIDE PASS;;</u>
12 -4 5&6	1-3 [Sugar Push] Bk L, Bk R, Tap fwd L in frt of R, Fwd L; {Anchor}Small bk R/Rec sl fwd L, Bk R, (Fwd R, Fwd L, Tap bk R beh L, Bk R; {Anchor}Small Bk L/Rec sl Fwd R, sl Bk L;)
78 1&2 3&4	[Left Side Pass] Bk L leading W fwd, Bk R dance off the track leading W fwd pass the M; Sd & bk L/Cl R to L, Fwd L into the track trng LF to fac LOD, {Anchor}Small bk R/Rec sl fwd L, Bk R LOP facg LOD; (Fwd R, Fwd L passing the M; Fwd & sd R/XLIF of R trng LF, Sd & bk R facg RLOD, {Anchor}Small Bk L/Rec sl Fwd R, sl Bk L;)
4-8	<u>PUSH BRK;; UNDER ARM TURN;; WHIP TURN;;</u>
56 7&8 1&2	3-6 [Push Break] Bk L, Bk R, Bk L/Cl R, Fwd L; {Anchor}Small bk R/Rec sl fwd L, Bk R LOP facg LOD,
34 5&6 7&8	[UAT] Bk L, XRIF dance off the track comm RF trn; Sd L/Cl R, Sd & fwd L dance on the track comp ½ RF trn to fc ptr, {Anchor}Small bk R/Rec sl fwd L, Bk R LOP facg LOD; (Fwd R, Fwd L comm LF trn; Sd R cont LF trn/XLIF, Bk R comp ½ LF trn, {Anchor}Small Bk L/Rec sl Fwd R, sl Bk L;)
12 3&4	7-8 [Whip Turn] Bk & sd L off the track leading W fwd, XRIF of L trng RF leading W to trn RF, Sd L sm stp/Rec R, Sd L trng RF facg RLOD; XRIF of L trng RF off the track, Sd & fwd L dancing bk on the track facg LOD, {Anchor}Small bk R/Rec sl fwd L, Bk R LOP facg LOD; (Fwd R, Fwd L trng ½ RF, {Coaster Step}Bk R/Cl L to R, Fwd R stay on the track facg LOD; Fwd L trng ½ RF, Bk R, {Anchor}Small Bk L/Rec sl Fwd R, sl Bk L;)
567&8	

PART B

1-3	<u>SUGAR PUSH ;; MAN's UNDER ARM TURN to RIGHT HND SHAKE;;</u>
12-4 5&6	1-3 [Sugar Push] Repeat Meas 1- 1.5 of Part A ;,
78 1&2 3&4	[Man's UAT] Bk L raise the lead hnd, Fwd & sd R comm RF trn under the joined hnds; Sd L cont RF trn/bk & sd R comp RF ½ trn lowering the lead hnd, Fwd L {Anchor}Small bk R/Rec sl fwd L, Bk R chg to R hnd shake; (Fwd R, Fwd L comm LF trn; Sd R cont LF trn/XLIF cont LF trn, Bk R comp LF ½ trn, {Anchor}Small Bk L/Rec sl Fwd R, sl Bk L;)

4-8	<u>RIGHT SIDE PASS to LOP LOD;,, SUGAR PUSH INTERRUPTED w/ 2 ROCKS ,,,, SUGAR WALK 2 w/ TWO QUICK SIDE BREAKS ,,;</u>
56 7&8 1&2	4-8 [Right Side Pass to LOP LOD] Swivel LF to L-position M facg COH Sd L off the track leading W to pass, Bk R, Inplace L trng ¼ LF/Inplace R. Fwd L back on the track; {Anchor} Small bk R/Rec sl fwd L, Bk R to LOP facg LOD, (Fwd R, Fwd L passing the M; Fwd & sd R/XLIF of R trng LF, Sd & bk R facg RLOD, {Anchor}Small Bk L/Rec sl Fwd R, sl Bk L;)
34-6 78 1&2	[Sugar Push Interrupted w/ 2 Rocks] Bk L, Bk R; Tap fwd L in frt of R, Fwd L, Rk bk R, Rk fwd L; {Anchor}Small bk R/Rec sl fwd L, Bk R, (Fwd R, Fwd L; Tap bk R beh L, Bk R, Rk fwd L, Rk bk R; {Anchor}Small Bk L/Rec sl Fwd R, sl Bk L;)
34 a5a6a7a8	[Sugar Walk 2 with Two Quick Sd Breaks] Bk L, Bk R; Sd L/Sd R, Step under body L/Cl R to L, Sd L/Sd R, Step under body L/Cl R to L;

PART C

1-6	<u>START an UNDER ARM TURN into TRIPLE TRAVEL w/ ROLL FACE RLOD ,,,, LEFT SIDE PASS TUCK & TWIRL to LOP RLOD ,,;</u>
12 3&4	1 [Start an UAT into] Bk L, XRIF dance off the track comm RF trn, Sd L/Cl R, Sd & fwd L dance on the track comp ½ RF trn to fc ptr in a R Hand Star; (Fwd R, Fwd L comm LF trn, Sd R cont LF trn/XLIF, Bk R comp ½ LF trn;
5&6 78 1&2 3&4 5&6 78 1&2	2-6 [Triple Travel w/ Roll to face RLOD] Sd R/Cl L, Sd & fwd R comm RF trn ¼, Fwd L cont RF trn ¾, Fwd R cont RF trn ½ completing 1 ½ trns to a L Hnd Star; Sd L/Cl R, Sd L trn ½ LF to a R Hnd Star, Sd R/Cl L, Sd R trn ½ RF to a L Hnd Star; Sd L/Cl R, Sd & fwd L comm LF trn ¼, Fwd R cont LF trn ½, Fwd L cont LF trn ½ to fac ptr join lead hnds; {Anchor}Small bk R/Rec sl fwd L, Bk R,
34 &56 7&8	[Left Side Pass Tuck &Twirl to LOP RLOD] Bk L comm trng LF, bk R trng LF dance off the track; /Tch L bring lead hand into left shldr lead lady R sd lead fwd tucking W in, trng LF small fwd L raising jnd ld hnds lead W to RF twirl ½, {Anchor}Small bk R/Rec sl fwd L, Bk R; (W Fwd R, fwd L trng slightly LF twds M; /Tch R trng LF through hips, fwd R trng RF 1/2 to fc M, {Anchor}Small Bk L/Rec sl Fwd R, sl Bk L;)
7-10	<u>2 KICK BALL CHANGES; QUICK CHICKEN WALK 4; WRAPPED WHIP;:</u>
1a2 3a4	7 [2 Kick Ball Changes] Kk fwd with L toe point down/retract the ft & place toe pressure on L, Rec R, Kk fwd L toe point down/retract the ft & place toe pressure L, Rec R;
5678	8 [Quick Chicken Walk 4] Bk L, R, L, R ; (Swivel Fwd R, L, R, L;)
12 3&4 5&6 78	9-10 [Wrapped Whip] Bk & sd L off the track leading W fwd, XRIF of L trng RF leading W fwd raising lead hds, Sd L sm stp/Rec R, Sd L trng RF facg RLOD leading W to wrap pos facg RLOD; XRIB of L, Sd & fwd L dancing bk on the track leading W to bk up facg LOD, {Anchor}Small bk R/Rec sl fwd L, Bk R; (Fwd R, Fwd L, Fwd R/Cl L to R, Bk R endg in wrapped pos; Bk L, Bk R, {Anchor}Small Bk L/Rec sl Fwd R, sl Bk L;)

11-16	<u>SUGAR PUSH in 4; to SAILER SHUFFLE 2X; into ANCHOR ENDING,, WHIP TURN,,,, UNDER ARM TURN to FACE RLOD,;</u>
12 34	11 [Sugar Push in 4] Bk L, Bk R, Tap fwd L, Fwd L; (Fwd R, Fwd L, Tap bk R beh L, Bk R;)
5a6 7a8	12 [to Sailor Shuffle 2X] XRIB of L/Sd L, Sd R, XLIB of R/Sd R, Sd L;
1&2	13-16 [Anchor Ending]{Anchor}Small bk R/Rec sl fwd L, Bk R;{Anchor}Small Bk L/Rec sl Fwd R, sl Bk L;)
34 5&6 78 1&2	[Whip Turn] Repeat meas 7-8 of Part A,;;,
34 5&6 7&8	[UAT to fac RLOD] Repeat meas 4.5-6 of Part A to fac RLOD,;;

REPEAT PART B

1-8	<u>SUGAR PUSH ,,, M's UAT to face RLOD w/ R HAND SHAKE ,; RIGHT SIDE PASS to LOP LOD ,,, SUGAR PUSH INTERRUPTED w/ 2 ROCKS ,,,, SUGAR WALK 2 w/ TWO QUICK SIDE BRKS ,,;</u> Repeat meas 1-8 of Part B,;;,;
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REPART PART C

1-16

START an UAT to TRIPPLE TRAVEL w/ ROLL to face RLOD ,;;;, LEFT SIDE PASS TUCK & TWIRL to LOP RLOD ,;; 2 KICK BALL CHANGES ; QUICK CHICKEN WALK 4 ; WRAPPED WHIP ;; START a SUGAR PUSH ; 2 SAILER SHUFFLE ; w/ an ANCHOR STOP ,, WHIP TRN ,;;;, UAT to face RLOD ,;;
 Repeat meas 1-16 of Part C,,,,,,,,,,,,,

B MODIFIED (ENDING)

1-6.5

SUGAR PUSH ,;; M's UAT to face RLOD w/ R HAND SHAKE ,;; RIGHT SIDE PASS to LOP LOD ,,, SUGAR PUSH INTERRUPTED w/ 2 ROCKS ,;;;,
 Repeat meas 1-6.5 of Part B,,,,,,,

8

34 a5a6
a7 hold8

SUGAR WALK 2 w/ ONE QUICK SIDE BREAK ,;;;, SIDE BREAK & HOLD,;

6.5-8 [Sugar Walk 2 w/ One Sd Brk] Bk L, Bk R; Sd L/Sd R, Step under body L/Cl R to L, Sd L/Sd R, Hold with Arms out to the side;