

Cool and Mellow.

32 Counts, 4 Wall, Improver level linedance.

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

Search for music-   

<https://itunes.apple.com/za/album/drie-van-die-bestes-platinum/id401533349>

No tags or restarts

Start on vocals: 32 counts from start of piano.

1 Cross, Point, Step, Point, Step, Point, Step, Rock fwd back, Coaster $\frac{1}{8}$ left

- 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 $\frac{1}{8}$ turn left, [10.30]
 7&8 Step R back, Step L next to R, Step R fwd [10.30]

2 Rock fwd back, Step $\frac{1}{8}$ left, Cross, Side, Behind, Side, Rock fwd $\frac{1}{8}$ left, Recover, Coaster $\frac{1}{8}$ left

- 1,2 Rock L fwd, Recover R back,
 &3&4& Step L next to R making a $\frac{1}{8}$ 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 $\frac{1}{8}$ turn left, Recover back onto L, [7.30]
 7&8 Step R back making a $\frac{1}{8}$ 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 $\frac{1}{4}$ right, Fwd, Sweep turn $\frac{1}{2}$ 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 $\frac{1}{4}$ 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 $\frac{1}{2}$ turn left on ball of L
 [3.00]

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