



Stonecold!

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Type of dance: Advanced 2 wall AB dance. A section (west coast): 32 counts, 2 walls. B section (funky): 32 counts, 1 wall. Tag 1 is an 8 count funky section. Tag 2 is a 32 count nightclub section.
 Music: **Heat** by Scarlet Pleasure. Track length: 3:15. Buy on iTunes Europe, Amazon, etc.
 Intro: 16 count intro from main beat (14 secs. into track). Start with weight on L foot
 Sequence: Intro, A, A, B, Tag 1, A, A, B, Tag 2, B, B.

A – 32 counts, 2 walls (Comes 4 times)

Counts	Footwork	End facing
1 – 8	Step ½ L, locking ½ L, back sweep, cross behind, fwd diagonal step touches R & L	
1 – 2	Step fwd on R (1), turn ½ L stepping fwd on L (2)	6:00
3&4&	Turn 1/8 L stepping R to R side (3), turn 1/8 L crossing L over R (&), turn 1/8 L stepping R to R side (4), turn 1/8 L crossing L over R (&) <i>Option: a full turn on 3& and a ¼ X 2 on 4&</i>	12:00
5 – 6	Step R back bending slightly in R knee and sweeping L to L side (5), cross L behind R (6)	12:00
7&8&	Step R diagonally fwd R (7), touch L next to R (&), step L diagonally fwd L (8), touch R next to L (&)	12:00
9 – 16	R side rock, sailor ¼ R, ball step ½ turn L sweep, R samba step, cross	
1 – 2	Lunge rock R to R side (1), recover on L (2)	12:00
3&4	Cross R behind L (3), turn ¼ R stepping L next to R (&), step fwd on R (4)	3:00
&5 – 6	Step small step fwd L (&), step R fwd (5), turn ½ L stepping fwd L and sweeping R fwd (6)	9:00
7&8&	Cross R over L (7), rock L to L side (&), recover on R (8), cross L over R (&)	9:00
17 – 24	¼ L big step back R, back L, R back mambo, ball ¼ R cross, ¼ L fwd, R&L side points	
1 – 2	Turn ¼ L stepping R a big step back (1), drag L past R and step back on L (2)	6:00
3&4	Rock back on R (3), recover fwd on L (&), step fwd on R (4)	6:00
&5 – 6	Step L fwd (&), turn ¼ R dipping down in knees and crossing R over L (5), straighten your knees and turn ¼ L stepping fwd on L (6)	6:00
7&8&	Point R to R side (7), step R next to L (&), point L to L side (8), step L next to R (&)	6:00
25 – 32	Monterey ½ R into R rock, ¼ L, ¼ L side R, back rock side rock, together, knee pop	
1 – 2	Point R to R side (1), turn ½ R rocking R to R side (2)	12:00
3 – 4	Recover on L turning ¼ L (3), turn ¼ L stepping R to R side (4)	6:00
5&6&	Rock back on L (5), recover on R (&), rock L to L side (6), recover on R (&)	6:00
7&8	Step L next to R (7), pop both knees fwd (&), return knees to neutral (8) – <i>weight on L ☺</i>	6:00

Option: Because of extra sound effects the 3rd time you do A you can add shimmies on counts 26 and 28... ☺

B – 32 counts, 1 wall (comes 4 times, always starts facing 12:00)

1 – 8	Tap lunge R, ¼ L sweep, cross out out, swivel ¼ L, L side touch, R scissor step 1/8 L	
&1 – 2	Tap R next to L (&), lunge R to R side (1), recover with a ¼ L onto L sweeping R fwd (2)	9:00
3&4	Cross R over L (3), step L out to L side (&), step R out to R side (4)	9:00
&5 - 6&	Swivel L heel a ¼ L (&), swivel R heel a ¼ L (5), step L to L side (6), touch R next to R (&)	6:00
7&8	Step R to R side (7), step L behind R (&), turn 1/8 L crossing R over L (8)	4:30
9 – 16	& Pop walks RLR with shoulder rolls, 1½ L with sweeps, samba 3/8 R	
&1 – 3	Step L a small step fwd (&), walk R fwd popping L knee fwd and rolling L shoulder fwd and R shoulder back (1), walk L fwd popping R knee fwd and rolling R shoulder fwd and L shoulder back (2), walk R fwd popping L knee fwd and rolling L shoulder fwd and R shoulder back (3)	4:30
4 – 6	Turn ½ L onto L sweeping R fwd (4), turn ½ L stepping back on R sweeping L to L side (5), turn ½ L onto L sweeping R fwd (6)	10:30
7&8	Cross R over L (7), turn 1/8 R rocking L to L side (&), turn ¼ R recovering fwd to R (8)	3:00

17 – 25	Big ball step fwd, kick L fwd, 2 travelling jazz boxes, L&R heel pops, L sailor ¼ L fwd	
&1 – 2	Step L next to R (&), step R a big step fwd (1), kick L slightly in front of R (2)	3:00
&3&	Cross L over R (&), step back on R (3), step back on L (&)	3:00
4&5	Cross R over L (4), step back on L (&), step R to R side (5)	3:00
6&7&	Pop L heel to R side (6), return heel to neutral stepping down on L (&), pop R heel to L side (7), return heel to neutral stepping down on R (&)	3:00
8&1	Cross L behind R (8), turn ¼ L stepping R next to L (&), step fwd on L (1)	12:00
26 – 32	Full turn box L, HOLD, ball step together X 2, touch together	
2 – 3	Turn ¼ L stepping R to R side (2), turn ¼ L stepping L to L side (3)	6:00
4 – 6	Turn ¼ L stepping R to R side (4), turn ¼ L stepping L to L side (5), HOLD or do a snake roll rolling head and upper-body L ending roll into your hip (6)	12:00
&7&8&	Step R next to L (&), step L a small step L (7), step R next to L (&), step L a small step L (8), touch R next to L (&). <i>Optional styling: on each L side step split knees apart bending slightly in your knees. When stepping R next to L knees go in again</i>	12:00

Tag 1 – 8 counts, 1 wall (comes once, after 2nd A, facing 12:00)

1 – 8	Step ½ L X 2, ball L rock recover, L coaster step with drag together	
1 – 4	Step fwd on R (1), turn ½ L onto L (2), step fwd on R (3), turn ½ L onto L (4)	12:00
&5 – 6	Step R next to L (&), rock fwd on L (5), recover back on R (6)	12:00
7&8	Step back on L (7), step R next to L (&), step big step fwd L dragging R next to L (8)	12:00

Tag 2 – a nightclub section – 32 counts, 1 wall (comes once, after 4th A, facing 12:00)

1 – 8	R side rock, behind slow sweep, behind side cross with slow sweep in front	
1 – 4	Rock R to R side (1), recover on L (2), cross R behind L starting to sweep L from front to back (3), finish sweep (4)	12:00
5 – 8	Cross L behind R (5), step R to R side (6), cross L over R starting to sweep R from back to front (7), finish sweep (8)	12:00
9 – 16	Cross, ½ R into slow R lunge, rolling vine L step slide L	
1 – 4	Cross R over L (1), turn ¼ R stepping back on L (2), turn ¼ R starting to lunge R to R side (3), finish lunge to R (4)	6:00
5 – 8	Turn ¼ L stepping fwd L (5), turn ½ L stepping R back (6), turn ¼ L stepping L to L side (7), drag R next to L (8)	6:00
17 – 24	R side rock, behind slow sweep, behind side cross with slow sweep in front	
1 – 4	Rock R to R side (1), recover on L (2), cross R behind L starting to sweep L from front to back (3), finish sweep (4)	6:00
5 – 8	Cross L behind R (5), step R to R side (6), cross L over R starting to sweep R from back to front (7), finish sweep (8)	6:00
25 – 32	Cross, ½ R into slow R lunge, rolling vine L step slide L	
1 – 4	Cross R over L (1), turn ¼ R stepping back on L (2), turn ¼ R starting to lunge R to R side (3), finish lunge to R (4)	12:00
5 – 8	Turn ¼ L stepping fwd L (5), turn ½ L stepping R back (6), turn ¼ L stepping L to L side (7), drag R next to L (8)	12:00
NOTE	<i>Counts 17-32 are exactly the same as counts 1-16 ☺</i>	

ENJOY! ☺