

Cool And Sweet

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MUSIC: Cool And Sweet (American Style Rhythm Volume 11)
RHYTHM: Cha Cha **TIME @ BPM:**
PHASE (+): IV + 1 (Single Cuban Breaks)
FOOTWORK: Opposite unless indicated [*Woman's footwork in Italics*]
SEQUENCE: **Introduction A B C A C B C A C Ending**

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Introduction

1 – 8 Wait; Swivel Walk Together 4; New Yorker; Spot Turn; New Yorker to OPEN; Swivel Walk 4; Point and Body Ripple; Spot Turn to Face;

- 1 Wait for one measure in Open Facing no hands, Man facing WALL with lead feet free about 3 meters apart;
- 2 **[Swivel Walk Together 4 (1234)]** Swivel slightly LF then forward L, swivel slightly RF then forward R, swivel slightly LF then forward L, swivel slightly RF then forward R joining lead hands in LOP-FCG;
- 3 **[New Yorker (123&4)]** Turning to LOP facing RLOD rock thru L, recover R then turn to face partner, side L / close R to L, side L;
- 4 **[Spot Turn (LOD) (123&4)]** Turning LF to face LOD rock forward R turn LF 1/2, recover L toward RLOD, continue LF turn to face Partner and WALL side R / close L, side R to end in LOP-FCG;
- 5 **[New Yorker (123&4)]** Repeat the action from measure 3 of the Introduction to OP LOD;
- 6 **[Swivel Walk 4 (1234)]** Joining trail hands and releasing lead hands turn to face LOD in OP then swivel walk R, L, R, L to end in OP facing LOD;
- 7 **[Point and Body Ripple (-)]** Bending left leg slightly point R thru toward LOD and body ripple up leaving weight on lead foot;
- 8 **[Spot Turn to Face (123&4)]** Rock forward R turn LF 1/2, recover L toward RLOD, continue LF turn to face Partner and WALL side R / close L, side R to end in LOP-FCG WALL;

Part A

1 – 8 Aida; Switch Cross; Crab Walk Ending; Single Cubans; Aida; Switch Cross; Crab Walk Ending; Single Cubans;

- 1 **[Aida (123&4)]** Turning to face RLOD in LOP thru L, forward R then turn 1/2 LF joining trail hands and releasing lead hands, continue LF turn back L / lock Rif, back L to end in a V Back to Back facing LOD with trail hands joined;
- 2 **[Switch Cross (123&4)]** Turning to face Partner and Wall rock side R, recover L, XRif / side L, XRif;
- 3 **[Crab Walk Ending (123&4)]** Side L, XRif, side L / close R, side L;
- 4 **[Single Cubans (1&23&4)]** XRif/ recover L, side R, XLif/ recover R, side L;
- 5 **[Aida (123&4)]** Turning to face LOD in OP thru R, forward L then turn 1/2 RF joining lead hands and releasing trail hands, continue RF turn back R / lock Lif, back R to end in a V Back to Back facing RLOD with lead hands joined;
- 6 **[Switch Cross (123&4)]** Turning to face Partner and Wall rock side L, recover R, XLif/ side R, XLif;
- 7 **[Crab Walk Ending (123&4)]** Side R, XLif, side R / XLif, side R;
- 8 **[Single Cubans (1&23&4)]** XLif / recover R, side L, XRif / recover L, side R;

Part B

1 – 16 New Yorker in 4; New Yorker; Fan; Hockey Stick; ; New Yorker; Slow Hip Rocks; Spot Turn to Left Hand Star; Umbrella Turn; ; ; Sliding Doors; ; Circle Away and Together Cha; ;

- 1 [New Yorker in 4 (1234)] Turning to LOP facing RLOD rock thru L, recover R turning to face Partner and Wall, rock side L, recover R;
- 2 [New Yorker (123&4)] Repeat the action from Measure 3 of the Introduction.
- 3 [Fan (123&4)] Rock back R, recover L, side R / close L, side R in Fan Position facing WALL;
[W: Forward L, recover R then turn LF 1/2 to face RLOD, back L / lock Rib, back L to end in Fan Position facing RLOD;]
- 4 – 5 [Hockey Stick (123&4 x 2)] Rock forward L, recover R, close L / in place R, in place L raising joined lead hands with palm and forearm facing toward floor in front of your face; Rock back R, recover L allowing joined lead hands to pass over Woman's head, forward and side R / close L, side R to end in LOP-FCG WALL;
[W: Close R, forward L, forward R / lock Lib, forward R to face RLOD in front of Man; Forward and side L toward DRW, forward and across R toward DRW then turn 3/4 LF to face COH, back and side L toward RLOD / close R, back and side L;]
- 6 [New Yorker (123&4)] Repeat the action from Measure 2 of Part B checking.
- 7 [Slow Hip Rocks (1-3-)] Rock side R, -, rock side L, -;
- 8 [Spot Turn to Left Hand Star (123&4)] Turning LF to face LOD rock forward R turn LF 1/2, recover L toward RLOD, forward R toward RLOD / lock Lib, forward R joining left hands facing RLOD;
[W: Turning RF to face LOD rock forward L turn RF 1/2, recover R toward RLOD, turning LF 1/4 side L toward LOD / close R, continue RF turn 1/4 to face LOD side L joining left hands;]
- 9 – 12 [Umbrella Turn (123&4x4)] Leaving left hands raised turn rock forward L, recover R, back L / lock Rib, back L; Rock back R, recover L, forward R / lock Lib, forward R; Rock forward L, recover R, back L / lock Rib, back L; Rock back R, recover L, turning to face Partner and Wall side R / close L, side R;
[W: Rock back R, recover L, turning 1/2 LF under joined left hands over three steps side R / close L, side R turning to face RLOD; Rock back L, recover R, turning 1/2 RF over three steps side L / close R, side L turning to face LOD; Rock back R, recover L, turning 1/2 LF over three steps side R / close L, side R turning to face RLOD; Rock back L, recover R, turning RF to face Partner and COH side R / close L, side;]
- 13 – 14 [Sliding Doors (123&4x2)] Turning to Open Position facing LOD rock apart L, recover R, L Xif passing behind Woman / side R, L Xif to end in Left Open Position facing LOD, -; Rock apart R, recover L, R Xif passing behind Woman / side L, R Xif to end in Open Position facing LOD, -;
- 15 – 16 [Circle Away and Together Cha (123&4x2)] Turning CCW walk forward L, forward R, forward L / lock Rib, forward L having turned to face RLOD; Continue CCW turn walk forward R, forward L, forward R / lock Lib, forward R having turned to face Partner and Wall;

Part C

1 – 8 Chase with Triple Cha; ; Peek-a-boo Twice; ; Chase with Triple Cha; ; Forward Basic (Woman Finish Chase Turn); Alemana Turn;

- 1 – 2 [Chase with Triple Cha (123&4 1&23&4)] Forward L turn RF 1/2 to face COH, recover R, forward L / lock Rib, forward L to end in Tandem Man in front; Forward R / lock Lib, forward R, forward L / lock Rib, forward L;
[W: Rock back R, recover L, forward R / lock Lib, forward R to end in Tandem Man in front; Forward L / lock Rib, forward L, forward R / lock Lib, forward R;]
- 3 – 4 [Peek-a-boo Twice (123&4x2)] Cucaracha rock side R, recover L, close R / in place L, in place R; Cucaracha rock side L, recover R, close L / in place R, in place L;
- 5 – 6 [Chase with Triple Cha (123&4 1&23&4)] Forward R turn LF 1/2 to face WALL, recover L, forward R / lock Lib, forward R to end in Tandem Woman in front; Forward L / lock Rib, forward L, forward R / lock Lib, forward R;
[W: Forward L turn RF 1/2 to face WALL, recover R, forward L / lock Rib, forward L to end in Tandem Woman in front; Forward R / lock Lib, forward R, forward L / lock Rib, forward L;]
- 7 [Forward Basic (Woman Finish Chase Turn) (123&4)] Rock forward L, recover R, back L / lock Rib, back L joining lead hands;
[W: Forward R turn RF 1/2 to face COH, recover L, forward R / lock Lib, forward R joining lead hands;]

- 8 [Alemana Turn (123&4)] Turning 1/8 RF rock back R toward DLC leaving left foot extended forward allowing Woman to step forward under joined lead hands, recover L toward DRW, swivel LF 1/8 to face WALL side R / close L, side R to end in LOP-FCG Wall;
[W: Swivel RF 1/8 then step forward L toward DLC under joined lead hands leaving right foot extended back, turn RF 1/2 then recover forward R toward DRW, collect left foot to right foot then swivel RF 3/8 to face COH then step side L small step / close R, side L;]

Repeat Part A
Repeat Part C
Repeat Part B
Repeat Part C
Repeat Part A
Repeat Part C (To Left Hand Star)

Ending

1 – 9 Umbrella Turns; ; ; Sliding Doors; ; Circle Away Cha; Step, Freeze, Run Together; Press Line.

1 – 7 Repeat the action from measures 9 – 15 of Part B.

8 [Forward, Freeze, Run Together (1-&34)] Forward R toward Partner and Wall, hold / run forward L, R, L;

9 [Pressline (&1.)] Liftup the right knee (&) then Forward R toward Partner in a Pressline and hold.

COOL AND SWEET CHA

Alise Halbert

Open Facing Position with Lead feet free about 6 feet apart wait for ONE measure

Wait; Swivel Walk 4 Together; New Yorker; Spot Turn; New Yorker to OPEN;
Swivel Walk 4; Point and Body Ripple; Spot Turn to Face;

Part A

(To Reverse) Aida; Switch Cross; Crab Walk Ending; Single Cubans;

(To Line) Aida; Switch Cross; Crab Walk Ending; Single Cubans;

Part B

New Yorker in 4; New Yorker; Fan; Hockey Stick; ; New Yorker;

Slow Hip Rocks; Spot Turn to Left Hand Star;

Umbrella Turn to OPEN;;;;

Sliding Doors;; Circle Away and Together Cha;;

Part C

Chase him with Triple Cha;; Peek A Boo Twice;; Chase her with Triple Cha;;

Finish the Chase; Alemana Turn;

Part A

**(To Reverse) Aida; Switch Cross; Crab Walk Ending; Single Cubans;
(To Line) Aida; Switch Cross; Crab Walk Ending; Single Cubans;**

Part C

**Chase him with Triple Cha;; Peek A Boo Twice;; Chase her with Triple Cha;;
Finish the Chase; Alemana Turn;**

Part B

**New Yorker in 4; New Yorker; Fan; Hockey Stick;; New Yorker;
Slow Hip Rocks; Spot Turn to Left Hand Star;
Umbrella Turn to OPEN;;;;
Sliding Doors;; Circle Away and Together Cha;;**

Part C

**Chase him with Triple Cha;; Peek A Boo Twice;; Chase her with Triple Cha;;
Finish the Chase; Alemana Turn;**

Part A

**(To Reverse) Aida; Switch Cross; Crab Walk Ending; Single Cubans;
(To Line) Aida; Switch Cross; Crab Walk Ending; Single Cubans;**

Part C

**Chase him with Triple Cha;; Peek A Boo Twice;; Chase her with Triple Cha;;
Finish the Chase; Alemana Turn to a Left Hand Star;**

Ending

**Umbrella Turn to OPEN; ; ;
Sliding Doors;; Circle Away Cha; Run together to Press.**