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My Heart Is Cold

Choreographer: Susan Reynolds

Level: Beginner

Count: 32

Wall: 4

Intro: 32 counts

Music: Cold Heart (PNAU Remix) – by Elton John & Dua Lipa

No Tags or Restarts

WALK, WALK, SHUFFLE, ROCK RECOVER, SHUFFLE ½ TURN LEFT

1-4 Walk R forward, Walk L forward, Shuffle forward RLR
5-8 Rock L forward, Recover on R, Shuffle ½ turn to L, (LRL)

SIDE ROCK, RECOVER, CROSS & CROSS, SIDE ROCK, RECOVER, COASTER

1-4 Rock R to side, Recover on L, Cross R over L, Step L in place, Step on R still crossed
5-8 Rock L to side, Recover on R, Step L back, Step R beside L, Step L forward

FORWARD ROCK, RECOVER, STEP ½ TURN RIGHT, FORWARD LEFT, ¼ TURN RIGHT, CROSS, SHUFFLE

1-3 Step R forward, Recover on L Step R as ½ turn to R
4-6 Step L forward, Step R as ¼ turn to R, Cross L over R
7&8 Shuffle to R side, (RLR)

LINDY LEFT, ROCKING CHAIR

1-4 Step L to L, Step R together, Step L to L, Rock back on ball of R, Recover on L
5-8 Step R forward, Step L in place, Step R back, Step L in place

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