

# Frostbite In My Heart

**COPPER KNOB**  
STEPPSHEETS

Count: 64

Wand: 2

Ebene: Improver

Choreograf/in: Marie Sørensen (TUR) - January 2013

Musik: Frostbite - Michael Learns to Rock : (Album: Take Me To Your Heart)



## Intro: 32 Counts

### CROSS, BACK, CHASSE, CROSS, BACK, CHASSE ¼ TURN

- 1-2 Cross left over right, step back on right
- 3&4 Step left to left side, step right beside left, step left to left side
- 5-6 Cross right over left, step back on left
- 7&8 Step right to right side, step left beside right, ¼ turn right, step fwd. right (03:00)

### ROCKIN' CHAIR, FULL TURN, STEP FWD. HOLD

- 1-2 Rock fwd. left, recover
- 3-4 Back rock left, recover
- 5-6 ½ turn right, step back on left, ½ turn right, step fwd. on right
- 7-8 Step fwd. on left, hold (03:00)

### SIDE, ROCK, CROSS, SIDE, ROCK, CROSS, SWAY, SWAY

- 1-2 Rock right to right side, recover
- 3-4 Cross right over left, rock left to left side
- 5-6 Recover, cross left over right
- 7-8 Step right to right side, sway right, left (03:00)

### CROSS, BACK, ¼ TURN, CROSS, BACK ¼ TURN, SWAY, SWAY

- 1-2 Cross right over left, step back on left
- 3-4 ¼ turn right, step right to right side, cross left over right (06:00)
- 5-6 Step back on right, ¼ turn left, step left to left side
- 7-8 Step right to right side, sway right, left (03:00)

### CHASSE, ROCK, RECOVER, ½ TURN SHUFFLE, ROCK, RECOVER

- 1&2 Step right to right side, step left beside right, step right to right side
- 3-4 Back rock left, recover
- 5&6 ¼ turn right, step left to left side, step right beside left, ¼ turn right, step back on left
- 7-8 Rock back on right, recover (09:00)

### STEP, HOLD, BALL CHANGE, STEP, BRUSH, BRUSH, BRUSH, STEP, BRUSH & KICK

- 1-2 Step fwd. right, hold
- &3-4 Step left beside right, step fwd. right, brush left fwd.
- 5-6 Brush left back and in front of right, brush left fwd.
- 7-8 Step fwd. left, brush right fwd. and kick (09:00)

### SYNCOPATED JAZZ BOX, CROSS, CROSS, SIDE, TOUCH, SIDE, TOUCH

- 1-2 Cross right over left, step back on left
- &3-4 Step right to right side, cross left over right, cross right over left
- 5-6 Step left to left side, touch right beside left
- 7-8 Step right to right side, touch left beside right (09:00)

### CHASSE ¼ TURN, ROCK, RECOVER, SHUFFLE, STEP ½ TURN

- 1&2 Step left to left side, step right beside left, ¼ turn right, step back on left (12:00)
- 3-4 Back rock right, recover

5&6 Step fwd. right, step left beside right, step fwd. right  
7-8 Step fwd. left, ½ turn right (weight on right) (06:00)

**TAG: During wall 3 – Facing 12:00 – 16 counts tag**

**CROSS, BACK, CHASSE, CROSS, BACK, CHASSE**

1-2 Cross left over right, step back on right  
3&4 Step left to left side, step right beside left, step left to left side  
5-6 Cross right over left, step back on left  
7&8 Step right to right side, step left beside right, step right to right side (12:00)

**JAZZ BOX, BRUSH, JAZZ BOX, BRUSH**

1-2 Cross left over right, step back on right  
3-4 Step left to left side, brush right fwd.  
5-6 Cross right over left, step back on left  
7-8 Step right to right side, brush left fwd.(12:00)

**Have Fun!**

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