

Frozen

拍数: 66 墙数: 1 级数: Phrased Intermediate
编舞者: Sharon K (SG) - November 2014
音乐: Let It Go - Idina Menzel



Intro: 16 counts - Sequence: A A* (1-20&) A Tag B A Tag B A Tag

Part A (32 counts)

[1-8] □ Fwd drag R, L, R. Full turn to L.

- 1-2 Step R forward diagonal. Drag L to R.
- 3-4 Step L forward diagonal. Drag R to L.
- 5-6 Step R forward diagonal. Drag L to R.
- 7&8 Step L $\frac{1}{4}$ forward, step R $\frac{1}{2}$ back, step L $\frac{1}{4}$ side.

[9-16] □ Cross lunge R, recover. Cross lunge L, recover. Sway R, L. Full turn to R.

- 1-2& Cross lunge on R. Recover on L, step R to R.
- 3-4& Cross lunge on L. Recover on R, step L to L.
- 5-6 Sway R. Sway L.
- 7&8 Step R $\frac{1}{4}$ forward, step L $\frac{1}{2}$ back, step R $\frac{1}{4}$ side.

[17-24] □ Walk fwd L, R, L. R back, L together. Walk fwd R, L, R. L back, R together.

- 1-2 Walk L forward. Walk R forward.
- 3-4& Walk L forward. Step R back, step L together. *restart wall 2*
- 5-6 Walk R forward. Walk L forward.
- 7-8& Walk R forward. Step L back, step R together.

[25-32] □ L fwd. Rock, recover, 2 full turns back, sweep. R back, sweep. L back, R touch.

- 1 Walk L forward.
- 2&3 Step R forward, recover on L, step R $\frac{1}{2}$ forward (travel back).
- 4&5 Step L $\frac{1}{2}$ back, step R $\frac{1}{2}$ forward, step L $\frac{1}{2}$ back (travel back) and sweep R back.
- 6& Step R back, sweep L back.
- 7-8 Step L back. Touch R next to L.

Tag (4 counts)

- 1-4 R jazz box $\frac{1}{2}$ turn x 2
- 1&2& Cross R over L, step L $\frac{1}{4}$ back, step R $\frac{1}{4}$ side, step L together.
- 3&4& Repeat 1-2.

Part B (34 counts)

[1-9] □ Fwd R. L $\frac{1}{2}$ twinkle. R $\frac{1}{4}$ twinkle, point R. R $\frac{1}{2}$ twinkle. L $\frac{1}{4}$ twinkle, point L.

- 1 Step R forward. [12.00]
- 2&3 Cross L over R, step R $\frac{1}{4}$ back. Step L $\frac{1}{4}$ back. [6.00]
- 4&5 Cross R over L, step L $\frac{1}{4}$ back. Point R to R. [9.00]
- 6&7 Cross R over L, step L $\frac{1}{4}$ back. Step R $\frac{1}{4}$ side. [3.00]
- 8&1 Cross L over R, step R $\frac{1}{4}$ back. Point L to L. [12.00]

[10-17] □ Weave to R, sweep R. Weave to L, sweep L. Weave to R, sweep R. R nightclub.

- 2&3 Cross L over R, step R to R. Cross L behind R and sweep R back.
- 4&5 Cross R behind L, step L to L. Cross R over L and sweep L forward.
- 6&7 Cross L over R, step R to R. Cross L behind R and sweep R back.
- 8&1 Cross R behind L, recover on L, big step R to R.

[18-25] □ L nightclub. Back rock, recover, point R. Cross R, recover $\frac{1}{4}$ R, point R x 2.

2&3 Rock L behind R, recover on R, big step L to L.
4&5 Rock R behind L, recover on L, point R to R.
6&7 Cross R over L, step L $\frac{1}{4}$ back. Point R to R. [3.00]
8&1 Cross R over L, step L $\frac{1}{4}$ back. Point R to R. [6.00]

[26-32] □R twinkle $\frac{1}{4}$ turn, L twinkle $\frac{3}{4}$ turn. Sway R, L. Big step R, drag L.

2&3 Cross R over L, step L $\frac{1}{8}$ back. Step R $\frac{1}{8}$ to side. [9.00]
4&5 Cross L over R, step R $\frac{1}{4}$ back. Step L $\frac{1}{2}$ to side. [12.00]
6& Sway R, L.
7-8 Big step R to R and drag L to R.

[33-34] □L sweep, L back.

1-2 Sweep L back. Step L back.

Contact: sharonklp@yahoo.com.sg
