

Ice Cream Freeze (超COOL舞) (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Celia Stevens (NZ) - 2010年03月
音乐: Ice Cream Freeze (Let's Chill) - Hannah Montana



前奏: Start dancing on lyrics 唱歌起跳

Part A A部份 (48拍)

- 第一段** **Heel Split, Together, Right Heel Forward, Together, Heel Split, Together, Left Heel Forward, Shuffle Back, Coaster Back**
踵分, 踵併, 踵收, 踵分, 踵併, 踵, 後交換, 海岸步
- 1& Turn both heels out, close both heels together
雙足踵向外轉, 雙足踵合併
- 2& Touch right heel forward, step right together
右足踵前點, 右足併踏
- 3& Turn both heels out, close both heels together
雙足踵向外轉, 雙足踵合併
- 4 Touch left heel forward 左足踵前點
- 5&6 Chassé back left, right, left 後交換-左, 右, 左
- 7&8 Step right back, step left together, step right forward
右足後踏, 左足併踏, 右足前踏
- 第二段** **Shuffle Forward, Stomp, Heel Split-Together, Left Toe Heel Cross, Right Toe Heel Cross 前交換, 重踏, 踵分-併, 趾踵交叉, 趾踵交叉**
- 1&2 Chassé forward left, right, left 前交換-左, 右, 左
- 3&4 Step right slightly forward in front of left, turn both heels out, turn both heels in 右足略於左足前交叉踏, 雙踵向外轉, 雙踵向內轉
- 5&6 Touch left toe in, touch left heel in, cross left over right
左足趾向內點, 左足踵向內點, 左足於右足前交叉踏
- 7&8 Touch right toe in, touch right heel in, cross right over left
右足趾向內點, 右足踵向內點, 右足於左足前交叉踏
- 第三段** **Step-Pivot-Step, Kick-Ball-Cross, Kick-Ball-Cross, Step, Brush/Sweep**
踏轉踏, 踢併交叉, 踢併交叉, 踏, 刷繞
- 1&2 Step left forward, pivot turn ½ right (facing 6:00), step left forward
左足前踏, 右軸轉180度(面向6點鐘), 左足前踏
- 3&4 Kick right forward, step right together, cross left over right
右足前踢, 右足併踏, 左足於右足前交叉踏
- 5&6 Kick right forward, step right together, cross left over right
右足前踢, 右足併踏, 左足於右足前交叉踏
- 7-8 Step right to side, brush left together & sweep out to left
右足右踏, 左足前刷併左足繞至後
- 第四段** **Left Sailor, ¼ Sailor, Cross Samba, ¼ Sailor**
左水手, 1/4水手, 交叉森巴, 1/4水手
- 1&2 Left sailor step 左水手步
- 3&4 Cross right behind left, turn ¼ left and step left together (facing 3:00), step right forward
右足於左足後交叉踏, 左轉90度左足併踏(面向3點鐘), 右足前踏
- 5&6 Cross left over right, step right to side, step left to side
左足於右足前交叉踏, 右足右踏, 左足左踏
- 7&8 Cross right behind left, turn ¼ left and step left together (facing 12:00), step right forward
右足於左足後交叉踏, 左轉90度左足併踏(面向12點鐘), 右足前踏
- 第五段** **Cross Shuffle, Right Large Step-Drag, Heel-Toe-Heel, Heel-Toe-Heel**
交叉交換, 右大步-拖併, 踵趾踵, 踵趾踵

- 1&2 Crossing chassé left, right, left
交叉交換-左, 右, 左
- 3-4 Large step right to side, step left together
右足右一大步, 左足併踏
- 5&6 Feet together twist both heels to left, both toes to left, both heels to left 雙腿合併雙足踵向左轉, 雙足趾向左轉, 雙足踵向左轉
- 7&8 Feet together twist both heels to right, both toes to right, both heels to right (weight right)
雙腿合併雙足踵向右轉, 雙足趾向右轉, 雙足踵向右轉(重心在右足)

第六段 ¼ Sailor, Forward Shuffle, ½ Turn Jazz Box
1/4轉水手, 前交換, 1/2爵士方塊

- 1&2 Cross left behind right, turn ¼ left and step right together (facing 9:00), step left forward
左足於右足後交叉踏, 左轉90度右足併踏(面向9點鐘), 右足併踏
- 3&4 Chassé forward right, left, right 前交換-右, 左, 右
- 5-8 Cross left over right, step right back, turn ½ left and step left forward (facing 3:00), step right together
左足於右足前交叉踏, 右足後踏, 左轉180度左足前踏(面向3點鐘), 右足併踏

Part B B部份 (16拍)

第一段 Side Shuffle, Back Rock-Recover-Heel, Shimmey Step Touch Heel Diagonally Twice 左追步, 後, 下沉 回復 踵, 踏 踵點抖肩二次

- 1&2 Chassé side left, right, left 左追步-左, 右, 左
- 3&4 Step right back, recover to left, touch right heel forward at 45degrees (make a pose) 右足後踏, 左足回復, 右足踵
面向45度前點(擺個姿勢)
- 5-6 Step right to side, touch left heel in place while shimmering shoulders
右足右踏, 左足踵點雙肩抖動
- 7-8 Step left to side, touch right heel in place while shimmering shoulders
左足左踏, 右足踵點雙肩抖動

第二段 Shuffle ¼ Back, Large Step Left, Touch, Large Step, Touch, ¼, ¼
右交換1/4後, 左大步 點, 右大步 點, 划槳1/4二次

- 1&2 Step right to side, step left together, turn ¼ left and step right back (facing 12:00) 右足右踏, 左足併踏, 左轉90度
右足後踏(面向12點鐘)
- 3-4 Large step left to side, touch right together, (option with right hand swing down across in front of body & up, click fingers)
左足左大步, 右足併點 (右手從下往上轉後彈指)
- 5-6 Large step right to side, touch left together, (option with right hand swing down across in front of body & up, click fingers)
右足右大步, 左足併點 (右手從下往上轉後彈指)
- 7& Touch left forward, pivot turn ¼ right weight right (facing 3:00)
左足前點, 右軸轉90度重心在右足(面向3點鐘)
- 8& Touch left forward, pivot turn ¼ right weight right (facing 6:00)
左足前點, 右軸轉90度重心在右足(面向6點鐘)

For counts 7&8& push your hands in the air as you turn like the song says, also note when you start Part A again touch right together ready for heel splits

7&8&時照歌詞把雙手高舉, 當要接續跳A部份時, 要右足併點準備做踵分的動作