

Cold As Ice!

拍数: 80 墙数: 1 级数: Phrased Low Advanced
编舞者: Per Sørensen (DK) & Ann-Jeanett Ramsvatn (DK) - March 2023
音乐: Cold As Ice - Ava Max



Intro: 16 counts (App.9 secs. Into track). Starts with weight on L.

Sequence - A B C C(16) A B C C C(16) A

Part A:

(1-9) R Heel grind, Ball, Cross Shuffle, R Side Rock, Behind, Side, Cross Shuffle

1-2& R heel grind (1), Step L to L side (2), Step R next to L (&) 12:00

3&4 Cross L over R (3), Step R to R side (&), Cross L over R (4)

5-6 Rock R to R side (5), Recover on L (6)

7& Step R behind L (7), Step L to L side(&)

8&1 Cross R over L (8), Step L to L side (&), Cross R over L (1)

Styling: Shimmy shoulders/ Shake body on Cross shuffle (count 8&1)... to hit the (Yeah, Yeah, Yeah) in the Music.

(10-17) Side Rock L, ¼ Sailor L, Sailor R, Touch Unwind ½

2-3 Rock L to L side (2), Recover on R (3)

4&5 Step L behind R making ¼ L (4), Step R to R side (&), Small step fwd on L (5) 9:00

6&7 Step R behind L (6), Step L to L side (&), Step R to R side (7)

8-1 Touch L toe back (8), Turn ½ L recover on L (1) 3:00

Styling: While doing touch (Count 8) Push arms out to side & Snap both fingers

(18-25) Cross Rock, Chasse R, Cross, ⅛ Back, Together, R Back Rock, Recover Flick

2-3 Cross R over L (2), Recover back on L (3) 3:00

4&5 Step R to R side (4), Step L next to R (&), Step R to R side (5)

6&7 Cross L over R (6), Turn ⅛ L stepping back on R (&), Step L next to R (7) 1:30

8-1 Rock back on R (8), Recover on L flicking R back (1)

Styling: When rocking back on R kick L fwd with a straight leg 1:30

(26-32) Walk R, L Step Lock Step, ½ L, 1/2 L, ⅛ Back L

2 Step fwd on R (2)

3&4 Step fwd on L (3), Lock R behind L (&), Step fwd on L (4)

5-6 Step fwd on R (5), Turn ½ L recover on L (6) 7:30

7-8 Turn ½ L stepping back on R (7), Turn ⅛ L Stepping back on L (8) 12:00

Part B:

(1-8) R Big Step Back Drag, L Big step Back Drag, Back Rock, Step Lock Step

1-2 Big Step back on R (1), Drag L next to R (2)

3-4 Big step back on L (3), Drag R next to L (4)

5-6 Rock back on R (5), Recover on L (6)

7&8 Step R fwd (7), Lock L behind R (&), Step fwd on R (8)

Styling: Push R hand fwd while stepping back on R, Push L hand fwd while stepping back on L... to hit the (Baby, Just Walk Away) in the Music.

(9-16) Rock/Recover, ½ Shuffle, Pivot ½ L, Full turn

1-2 Rock fwd on L (1), Recover on R (2)

3&4 Turn ¼ L stepping L to L side (3), Step R next to L (&), Turn ¼ L stepping L fwd (4) 6:00

5-6 Step fwd on R (5), Turn ½ L recover on L (6)

7-8 Turn ½ L stepping back on R (7), Turn ½ L stepping fwd on L (8) 12:00

Part C: Point, Hold, Ball, Point, Hold, Ball, Rock/Recover, ½ Shuffle R

(1-8)

- 1-2 Point R fwd (1), Hold (2)
&3-4 Step R next to L (&), Point L fwd (3), Hold (4)
&5-6 Step L next to R(&), Rock fwd on R (5), Recover on L (6)
7&8 Turn ¼ R stepping R to R side (7), Step L next to R (&), Turn ¼ R Stepping fwd on R (8) 6:00

Arm Movements:

- 1-2 Pull both arms up above your head, bending both elbows and clench fist... to hit the (Cold) in the Music.
&3-4 Cross arms in front of your chest to make an X... to hit the (As) in the Music.
&5-6 Let the arms drop.. to hit the (Ice) in the Music.

(9-16) ¼ Big step R, Drag, Cross, ¾ Boxturn, Coaster Step

- 1-2 Turn ¼ R stepping L to L side (1) 9:00, Drag R next to L (2)
&3 Step R next to L (&), Cross L over R (3)
4-6 Turn ¼ L Stepping back on R (4) 6:00, Turn ¼ L stepping L fwd (5) 3:00, Turn ¼ L stepping Back on R (6) 12:00
7&8 Step back on L (7), Step R next to L (&), Step fwd on L(8)

Arm Movements:

- 1-2 Cross both arms in front of your chest to make a Hug or an X... to hit the (warm) in the Music.

(17-24) R Rock fwd/ Recover, ¼ R & Point, ¼ Ball Step L & Point, R Botafogo, Cross

- 1-2 Rock fwd on R (1), Recover on L (2)
&3-4 Turn ¼ R stepping R to R side (&) 3.00, Point L to L side (3), Hold (4)
&5 Turn ¼ L stepping L fwd (&) 12:00, Point R to R side (5)
6&7 Cross/Step R over L (6), Rock/Step L to L side (&), Recover on R (7)
8 Cross L over R (8)

(25-32) Syncopated Side Rocks, Touch, Unwind ½ L, Step ½ L

- 1-2& Rock R to R side (1), Recover on L (2), Step R next to L (&)
3-4 Rock L to L side (3), Recover on R (4)
5-6 Touch L back (5), Turn ½ L recover on L (6) 6:00
7-8 Step fwd on R (7), Turn ½ L recover on L (8) 12:00

ENDING: After the last A, Do a Big step back & Drag (Pushing R hand fwd)... WALK AWAY! □

ENJOY & HAVE FUN!

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