

Frostbite

COPPER KNOB
STEPSHEETS

拍数: 58 墙数: 4 级数: Intermediate
编舞者: Beverly Lalonde
音乐: Cold Outside - Big House



RIGHT VINE, WALK FORWARD, KICK

- 1-4 Step right foot right, step left foot behind right, step right foot right, pivot ¼ turn left on right foot & point left heel forward
5-8 Step left foot forward, step right foot forward, step left forward, kick right foot forward

KICK-BALL-CHANGE TWICE

- 9&10 Kick right foot forward, step on ball of right foot, step on left foot
11&12 Kick right foot forward, step on ball of right foot, step on left foot

SIDE STEPS, COASTER STEP

- 13-14 Step right foot right, step left foot left
15&16 Step back on right foot, close left foot beside right, step forward on right foot

½ PIVOT TURNS, RIGHT SHIMMY, LEFT SHIMMY

- 17-20 Step left foot forward, turn ½ turn right, step left foot forward, turn ½ turn right
21-24 Take wide step left with left foot, slide right foot beside left foot for 2 counts, step right foot next to left foot & clap hands
25-28 Take wide step right with right foot, slide left foot beside right foot for 2 counts, step left foot next to right foot & clap hands

¼ PIVOT TURNS, KICKS

- 29-32 Step left foot forward, turn ¼ turn right, step left foot forward, turn ¼ turn right
33&34& Kick left foot forward, step left foot beside right, kick right foot forward, step right foot beside left
35&36& Kick left foot forward, step left foot beside right, kick right foot forward, step right foot beside left
37-40 Step left foot forward, turn ¼ turn right, step left foot forward, turn ¼ turn right
41&42& Kick left foot forward, step left foot beside right, kick right foot forward, step right foot beside left
43&44& Kick left foot forward, step left foot beside right, kick right foot forward, step right foot beside left

ROCK FORWARD, SHUFFLE BACK, ROCK BACK, TURNING SHUFFLE FORWARD

- 45-46 Rock forward on left foot, step right foot back
47&48 Step back on left foot, close right foot beside left, step back on left foot
49-50 Rock back on right foot, step forward on left foot
51&52 Step right foot forward, close left foot beside right turning ¼ turn left, step right foot beside left turning ¼ turn left

TURNING SHUFFLE, STOMPS

- 53&54 Step left foot forward, close right foot beside left turning ¼ turn left, step left foot beside right turning ¼ turn left
55-56 Turning ½ turn left stomp right foot, stomp left foot beside right

KNEE POPS

- &57&58 Bending knees slightly lift both heels up, bring heels down, lift heels up, bring heels down (bringing knees together as you bring heels down, and facing 3 o'clock)

REPEAT
