

# Freeze & Shake

**COPPER** KNOB  
STEPSHEETS

拍数: 48                      墙数: 4                      级数: Easy Intermediate  
编舞者: Wanda Heldt (AUS) - January 2010  
音乐: Ice Cream Freeze (Let's Chill) - Hannah Montana : (CD: Hannah Montana)



## S1. RIGHT HEEL BALL STEP, ROCK, RECOVER, ½ TURN RIGHT SHUFFLE FORWARD

1&2                      Touch Right heel forward, Step Right next to Left, Step Left forward.  
3&4                      Touch Right heel forward, Step Right next to Left, Step Left forward.  
5-6                      Rock forward on Right, Recover on Left,  
7&8                      ½ turn Right Shuffle forward R.L.R. [6:00]

## S2. LEFT HEEL BALL STEP, ROCK, RECOVER, ½ TURN LEFT SHUFFLE FORWARD

1&2                      Touch Left heel forward, Step Left next to Right, Step Right forward.  
3&4                      Touch Left heel forward, Step Left next to Right, Step Right forward.  
5-6                      Rock forward on Left, Recover on Right,  
7&8                      ½ turn Left Shuffle forward L.R.L. [12:00]

## S3. HIP BUMPS TRAVELLING FORWARD R,L,R, HIP BUMPS with Shimmies

1&2                      Step Right toe forward and Hip bump to Right,Left. Right & Step on Right.  
3&4                      Step Left toe forward and Hip bump Left,Right,left & step on Left. [slight knee dip ]  
5&6                      Step Right toe forward and Hip bump to Right,Left. Right & Step on Right.  
7&8                      Step Left toe forward and Hip bump Left,Right,left & step on Left. [Slight knee dip ]

**Note: On steps - 3&4 and 7&8 slight knee dip as you step forward.**

## S4. SIDE ROCK, RECOVER, RIGHT SAILOR STEPS, SIDE ROCK, RECOVER, LEFT SAILOR STEP ¼ TURN LEFT

1-2                      Rock Right, Recover on Left.  
3&4                      Step Right behind Left, Recover on Left, Step Right out to Right side.  
4-6                      Rock Left, Recover on Right.  
7&8                      ¼ turn Left, Step Left behind Right, Recover on to Right, Step Left out to Left side [9:00]

## S5.. PADDLE TURNS LEFT & RIGHT

1&                      Point Right toe forward turn 1/8 left, [Weight on Left as you paddle turn]  
2&                      Point Right toe forward turn 1/8 left,  
3&                      Point Right toe forward turn 1/8 left,  
4                      Step down on Right slightly forward. [3:00]  
5&                      Point Left toe forward turn 1/8 Right, [weight on Right as you paddle turn]  
6&                      Point Left toe forward turn 1/8 Right,  
7&                      Point Left toe forward turn 1/8 Right,  
8                      1/8 turn Right Step down on Left. [9:00]

## S6. SYNCOPATED 2 x ¼ MONTEREY TURNS RIGHT, ROCK, RECOVER, LEFT COASTER STEP

1&2                      Touch Right toe to Right side, Step on Right turn ¼ Right, Touch Left Toe to Left side. [12:00]  
&3                      Step Left next to Right, Touch Right toe to Right side.  
&4                      Step on Right turn ¼ Right, Touch Left toe to left side. [3:00]  
5-6                      Rock forward on Left, Recover on to Right,  
7&8                      Step back on Left, Step Right next to Left, Step Left forward.

**Restart..... Have Fun In Life & In Dance**

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