

On Ice

拍数: 48 墙数: 2 级数: Low Intermediate
编舞者: Lawrence Allen (USA) - October 2010
音乐: Frozen - Tami Chynn : (Album: Prima Donna)



32 count intro; Start on Lyrics "Another day, Another way...."

Pattern: A,B,A,B,A,B,A,A,A,A,A

Phrase A

Touch, Step, Touch, ¼ Left Hitch Turn, Back Left, Right, Left Coaster Cross

- 1-2 Touch right toes out to right side, bring right foot in beside left
3-4 Touch left toes to left side, make a ¼ turn to left hitching left knee up keeping weight back on right foot (9:00 wall)
5-6 Walk back left, right
7&8 Step left foot back, step right foot beside left, cross left foot over right

Point, Cross, Left Rock-Recover-Cross, Side, Behind, Hold, Ball Cross

- 1-2 Point right toes to right side, cross right over left
3&4 Rock left out to left side, recover weight on right, cross left over right
5-6 Step right out to right side, step left behind right
7&8 HOLD COUNT 7, step right foot to right side, cross left over right

Touch, ¼ Right Turn, Right Kick Ball Touch, Behind, Touch, ¼ Right Turn Sailor

- 1-2 Touch right toes to right side, make a ¼ turn to right keeping weight back on left foot while dragging right foot back by left (12:00 wall)
3&4 Kick right foot forward, step right beside left, touch left toes to left side
5-6 Step left foot behind right, touch right toes to right side
7&8 Step right behind left, make a ¼ right turn stepping left foot to left side, step right foot beside left foot (3:00 wall)

Walk Left, Right, Left Shuffle Forward, Right Rock, Recover, 1/4 Right Turn, Cross

- 1-2 Walk forward left, right
3&4 Step left foot forward, step right foot beside left, step left foot forward
5-6 Rock right forward, recover back on left
7-8 Make ¼ turn to right stepping right foot to right side (6:00 wall), cross left over right

Phrase B

Right Rock-Recover-Cross, Left Rock-Recover-Cross, Sway Hips Right, Left, Right, Left

- 1&2 Rock right out to right side, recover weight on left, cross right over left
3&4 Rock left out to left side, recover weight on right, cross left over right
5-6-7-8 Sway hips right, left, right, left

Right Rock-Recover-Cross, Left Rock-Recover-Cross, Sway Hips Right, Left, Right, Left

- 1&2 Rock right out to right side, recover weight on left, cross right over left
3&4 Rock left out to left side, recover weight on right, cross left over right
5-6-7-8 Sway hips right, left, right, left

Repeat dance

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