

Frozen

拍数: 32 墙数: 4 级数: Improver
编舞者: Mark Furnell (UK) - March 2013
音乐: Freeze - Jordin Sparks : (Album: Jordin Sparks - iTunes)



[1-8] □ Stomp, Hold, Ball Step Touch, Turn, Turn, Behind Side Cross

1,2 Stomp Rt Fwd, Hold
&3,4 Step Lt next to Rt, Step Fwd Rt, Tap Lt toe next to Rt
5-6 Step fwd Lt making 1/2 turn Lt, Step Rt to Rt making 1/4 turn Lt
7&8 Step Lt behind Rt, Step Rt to Rt, Step Left over Rt.

RESTART HERE ON WALL 5

[9-16] □ Switch and Switch, Heel and Heel, Step turn, shuffle

1&2 Touch Rt toe to Rt, Close Rt to Lt and Touch Lt toe to Lt
&3&4 Step Lt next to Rt and Touch Rt heel Fwd, Close Rt to Lt and touch Lt heel fwd.
&5,6 Close Lt to Rt and step fwd Rt, Pivot 1/2 turn Lt on Lt
7&8 Step Fwd on Rt, Close Lt to Rt, Step Fwd on Rt.

[17-24] □ Stomp Freeze, Switch and Switch, Stomp Freeze, Shuffle Back

1-2 Step Fwd on Lft, Hold
&3&4 Close Lt to Rt and touch Rt heel Fwd, Close Rt to Lt and touch Lt heel Fwd.
&5-6 Close Lt to right and step Fwd on Rt, Hold. Weight on Lt
7&8 Step back on Rt, Close Lt to Rt, Step back Rt.

[25-32] □ Rock Step, Turn, Coaster Step, Step, Turn, Turn

1,2 Rock back on Lt, Replace Lt,
3 Step fwd Lt making 1/2 turn Rt
4&5 Step Back Rt, Close Lt to Rt, Step fwd Rt
6,7,8 Step Fwd Lt, Step fwd Rt making 1/2 turn Lt, Step Fwd Lt making 1/2 turn Lt

(Option here is just 3 walks fwd L, R, L,)

Last Update – 31st May 2015