

# Frostbite

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Robert Lindsay (UK) - April 2013  
音乐: Frostbite - Michael Learns to Rock : (Album: Michael Learns To Rock)



## [1-8] Vine 2, ¼ Turn Step, Scuff, ¼ Turn Step Touch x2.

1-2            Step right to right. Step left behind right  
3-4            Turning ¼ turn right, step forward on right. Scuff left foot forward.  
5-6            Turning ¼ turn right, step left to left side. Touch right beside left.  
7-8            Turning ¼ turn right, step forward onto right. Touch left beside right.

## [9-16] Chasse Left, Rock Back, Step, Twist, Twist, Hook.

1&2            Step left to left. Step right beside left. Step left to left.  
3-4            Rock back onto right. Recover weight onto left.  
5-7            Step right foot forward. Bending knees twist heels 1/8 turn right. Twist heels 1/8 turn left.  
8              With weight held on the left, hook right foot in front of left.

Restart here during Wall 3

## [17-24] Side, Together, Shuffle Forward, Side Together, Shuffle Back.

1-2            Step right to right. Step left beside right  
3&4            Step forward on right. Step left beside right. Step forward on right.  
5-6            Step left to left. Step right beside left.  
7&8            Step back onto left. Step right beside left. Step back onto left.

## [25-32] Rock Back, ½ Turn Step Touch x2, & Out & In.

1-2            Rock back onto right. Recover weight onto left.  
3-4            Turning ½ turn left, step back onto right foot. Touch left to right.  
5-6            Turning ½ turn left, step forward onto left foot. Touch right to left.  
&7&8            Step right out to right. Step left out to left. Step right foot in again. Step left beside right.

## [33-40] Chasse Right, Rock, Recover, Chasse Left, Rock, Recover.

1&2            Step right to right side. Step left beside right. Step right to right side.  
3-4            Rock back onto left. Recover weight onto right.  
5&6            Step left to left side. Step right beside left. Step left to left side.  
7-8            Rock back onto right. Recover weight onto left.

Restart here during Wall 6

## [41-48] Monterey ½ Turn, Kick & Point x2

1-2            Touch right toe out to right side. Turning ½ turn right bring feet together with weight on right.  
3-4            Touch left out to left side. Touch left to right.  
5&6            Kick left foot forward. Step left beside right. Touch right out to right side.  
7&8            Kick right foot forward. Step right beside left. Touch left out to left side.

## [49-56] ¼ Sailor, Pivot ½ Turn, Step Forward, Heel Splits, Hook.

1&2            Turning ¼ turn left, step left behind right. Step right beside left. Step left beside right.  
3-4            Step forward on right. Pivot ½ turn left.  
5-6            Step forward on right. Turn both heels out.  
7-8            Turn both heels back in place. Hook right foot in front of left.

## [57-64] Shuffle Forward, Forward Rock, Recover, Left Coaster Step, Step ¼ Pivot Turn.

1&2            Step forward on right. Step left beside right. Step forward on right.  
3-4            Rock forward on left. Recover weight onto right.

5&6 Step back onto left. Step right beside left. Step forward on left.  
7-8 Step forward on right. Pivot ¼ turn left.

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