

# On Ice (如履薄冰) (zh)

COPPER KNOB  
STYLEDANCE

拍數: 48      牆數: 2      級數: Improver  
編舞者: Lawrence Allen (USA) - 2010年10月  
音樂: Frozen - Tami Chynn : (CD: Prima Donna)



前奏 : 32 count intro; Start on Lyrics "Another day, Another way...."32拍後唱歌起跳

## Phrase A A部份

- 第一段**      **Touch, Step, Touch, ¼ Left Hitch Turn, Back Left, Right, Left Coaster Cross** 右點 併踏, 左點 1/4抬轉, 後走 走, 海岸交叉
- 1-2      Touch right toes out to right side, bring right foot in beside left  
右足趾右點, 右足併踏
- 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)  
左足趾左點, 左轉90度左膝抬重心在右足(面向9點鐘)
- 5-6      Walk back left, right  
左足後走, 右足後走
- 7&8      Step left foot back, step right foot beside left, cross left foot over right 左足後踏, 右足併踏, 左足於右足前交叉踏
- 第二段**      **Point, Cross, Left Rock-Recover-Cross, Side, Behind, Hold, Ball Cross**  
右點 交叉, 曼波交叉, 右後候 旁前
- 1-2      Point right toes to right side, cross right over left  
右足趾右點, 右足於左足前交叉踏
- 3&4      Rock left out to left side, recover weight on right, cross left over right 左足左下沉, 右足回復, 左足於右足交叉踏
- 5-6      Step right out to right side, step left behind right  
右足右踏, 左足於右足後踏
- 7&8      HOLD COUNT 7, step right foot to right side, cross left over right  
候, 右足右踏, 左足於右足前交叉踏
- 第三段**      **Touch, ¼ Right Turn, Right Kick Ball Touch, Behind, Touch, ¼ Right Turn Sailor** 右點 1/4, 踢 併點, 後 右點, 1/4 轉水手
- 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)  
右足趾右點, 右轉90度重心在左足右足拖併(面向12點鐘)
- 3&4      Kick right foot forward, step right beside left, touch left toes to left side 右足前踢, 右足併踏, 左足趾左點
- 5-6      Step left foot behind right, touch right toes to right side  
左足於右足後踏, 右足趾右點
- 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)  
右足於左足後踏, 右轉90度左足左踏, 右足併踏(面向3點鐘)
- 第四段**      **Walk Left, Right, Left Shuffle Forward, Right Rock, Recover, 1/4 Right Turn, Cross** 走 走, 前交換, 下沉 回復, 1/4 交叉
- 1-2      Walk forward left, right 左足前走, 右足前走
- 3&4      Step left foot forward, step right foot beside left, step left foot forward 左足前踏, 右足併踏, 左足前踏
- 5-6      Rock right forward, recover back on left  
右足前下沉, 左足回復
- 7-8      Make ¼ turn to right stepping right foot to right side (6:00 wall), cross left over right 右轉90度右足右踏(面向6點鐘), 左足於右足前交叉踏

## Phrase B B部份

- 第一段**      **Right Rock-Recover-Cross, Left Rock-Recover-Cross, Sway Hips Right, Left, Right, Left** 曼波交叉, 曼波交叉, 擺臀-右左右左
- 1&2      Rock right out to right side, recover weight on left, cross right over left 右足右下沉, 左足回復, 右足於左足前交叉踏
- 3&4      Rock left out to left side, recover weight on right, cross left over right 左足左下沉, 右足回復, 左足於右足前交叉踏
- 5-8      Sway hips right, left, right, left 擺臀-右, 左, 右, 左

**第二段**      **Right Rock-Recover-Cross, Left Rock-Recover-Cross, Sway Hips Right, Left, Right, Left** 曼波交叉, 曼波交叉, 擺  
臀-右左右左

1&2      Rock right out to right side, recover weight on left, cross right over left 右足右下沉, 左足回復, 右足於左足前交叉踏

3&4      Rock left out to left side, recover weight on right, cross left over right 左足左下沉, 右足回復, 左足於右足前交叉踏

5-8      Sway hips right, left, right, left 擺臀-右, 左, 右, 左

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