

# Frozen in Motion

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Phrased Intermediate  
編舞者: Krista Young (USA) - March 2024  
音樂: Head & Heart (feat. MNEK) - Joel Corry



Intro: 16 counts, start with lyrics

Sequence: A A A A A A B A A (B is otherwise known as a Tag between 7th & 8th walls)

Ending: Final wall starts on 12:00 and ends on 3:00. Optional Styling: contract torso with hands on heart on the final 8, then throw the hands down on 1 opening chest up to 12:00 to finish.

A

## [1-8] Step Lock, Step Tap, ¼ Weave, Slide

1-2            Step fwd on RF, lock LF behind RF  
3-4            Step fwd on RF, tap L toe behind RF  
5&6           Step LF to L side, cross RF behind LF, turn ¼ L and step LF fwd (9:00)  
7-8            Step RF back and slide LF back towards RF, continue sliding LF

## [9-16] Step Tap, Step ½ Turn, Coaster Step, Out Out, \*Heel Drop\*

1-2            Step LF back, tap RF back  
3-4            Step RF fwd, ½ turn L keeping weight on RF and popping L toe fwd (3:00)  
5&6           Step LF back, step RF next to LF, step LF fwd  
&7            Step RF slightly out to R, step LF slightly out to L\*Optional Styling: Especially on the chorus, you can add "heels up, heels down" on &8 along with pumping hands on heart\*

## [17-24] Weave, Rock-Recover Tap, Slide

1-2            Step RF to R, cross LF behind RF  
3-4            Step RF to R, cross LF in front of RF  
5&6           Step RF to R, recover on LF, tap R toe next to LF  
7-8            Step RF to R and slide LF towards RF, continue sliding LF

## [25-32] Knee Pops, Rock-Recover, Chase Turn, ½ Turn

1-2            Step LF back while popping R knee, step RF back while popping L knee  
3-4            Step LF back, recover on RF  
5&6           Step LF fwd, turn ½ R while shifting weight onto RF, step LF fwd (9:00)  
7-8            Pivot ½ R keeping weight on LF and popping R toe fwd (3:00), hold 8

\*Optional Styling: Head up on 8\*

B (TAG): Occurs between 7th and 8th wall. Starts and ends facing 9:00.

## [1-8] Fwd Walks

1-2            Step fwd on RF, drag LF fwd towards RF  
3-4            Step fwd on LF, drag RF fwd towards LF  
5-6            Step fwd on RF, drag LF fwd towards RF  
7-8            Step fwd on LF, drag RF fwd towards LF

## [9-16] Chase Turns

1-2            Step fwd on RF, turn ½ L while stepping fwd onto LF  
3-4            Step fwd on RF, hold  
5-6            Step fwd on LF, turn ½ R while stepping fwd onto RF  
7-8            Step fwd on LF, hold

## [17-24] Mambo Crosses

1-2 Step RF to R, recover on LF  
3-4 Cross RF in front of LF, hold  
5-6 Step LF to L, recover on RF  
7-8 Cross LF in front of RF, hold

**[25-32] Back Walks**

1-2 Step back on RF, drag LF back towards RF  
3-4 Step back on LF, drag RF back towards LF  
5-6 Step back on RF, drag LF back towards RF  
7-8 Step back on LF, drag RF back towards LF

**\*\*\*This choreography was created for the USLDCC competition at The Edge 2024 and won second place in the Phrased division!\*\*\***

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