

Brain Freeze

拍數: 32 牆數: 2 級數: Improver
編舞者: Tommy G. Parker (USA) - October 2024
音樂: Ice Cream - JEON SOMI



No Tags or Restarts. 16-Count Intro (Dance begins on lyrics)

[1 – 8] RF Step fwd, LF Rock fwd, RF Recover into a Coaster Step (RLR), LF Rock fwd, RF Recover, LF Coaster Step (LFL)

1, 2 (12:00) RF Step forward [1]. LF Rock forward [2] (12:00)
3 & 4 RF Step back [3]. LF Step next to RF [&]. RF Step forward [4] (12:00)
5, 6 LF Step forward [5]. RF Step back [6] (12:00)
7 & 8 LF Step back [7]. RF Step next to LF [&]. LF Step forward [8] (12:00)

[9 – 16] RF Step Out, Clap Overhead, LF Step Out, Clap Overhead, RF Coaster Step, LF Step Out, Clap Overhead, RF Step Out, Clap Overhead, LF Coaster Step

1 & 2 & (12:00) RF Step forward and out to the right [1]. Clap overhead [&]. LF Step forward and out to left [2]. Clap overhead [&] (12:00)
3 & 4 RF Step back [3]. LF Step next to RF [&]. RF Step forward [4] (12:00)
5 & 6 & LF Step forward and out to the left [5]. Clap overhead [&]. RF Step forward and out to right [6]. Clap overhead [&] (12:00)
7 & 8 LF Step back [7]. RF Step next to LF [&]. LF Step forward [8] (12:00)

[17 – 24] Grapevine right into a Shuffle (RLR) ½ Turn (clockwise, 6:00), Grapevine again (now to your left) into a Shuffle (LFL) ½ Turn (counterclockwise)

1, 2 RF Step right [1]. LF Step behind RF [2] (12:00)
3 & 4 RF Step right [3]. LF Step next to RF with ½ Turn (clockwise) [&]. RF Step next to LF [4] (6:00)
5, 6 LF Step left [5]. RF Step behind LF [6] (6:00)
7 & 8 LF Step left [7]. RF Step next to LF with ½ Turn (counterclockwise) [&]. LF Step next to RF [8] (12:00)

[25 – 32] RF Side-Rock right, LF Hitch, Side Shuffle (LRL) ¼ Turn (counterclockwise, 9:00), Two Step Full Turn (counterclockwise, 9:00), RF Side-Rock right ¼ Turn (counterclockwise)

1, 2 RF Step right [1]. LF Side-Hitch [2] (12:00)
3 & 4 LF Step left [3]. RF Step next to LF with ¼ Turn (counterclockwise) [&]. LF Step next to RF [4] (9:00)
5, 6 RF Step with ½ Turn (counterclockwise) [5]. LF Step with ½ Turn (counterclockwise) [6] (9:00)
7 & 8 RF Side Rock with ¼ Turn (counterclockwise) [7]. LF Recover [8] (6:00)

Start again, now facing 6:00 wall.

Last Update: 21 Oct 2024