

Ice

拍數: 32 牆數: 2 級數: Beginner
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音樂: Ice Ice Baby (Remix) - Vanilla Ice



WALK 4X, SIDE STEPS

- 1 Walk right forward
- 2 Walk left forward
- 3 Walk right forward
- 4 Walk left forward
- 5 Step right foot to right side (upper body turns $\frac{1}{4}$ to left) (move arms from left to right upwards)
- 6 Touch left foot beside right (knee bend outwards)
- 7 Step left foot to left side (upper body turns $\frac{1}{4}$ to right) (move arms from right to left upwards)
- 8 Touch right foot beside left (knee bend outwards)

$\frac{1}{2}$ TURN POINT, $\frac{1}{2}$ TURN POINT, MOONWALKS

- 1 Step right foot to right side turning $\frac{1}{2}$ over right shoulder
- 2 Touch left toe to left
- 3 Step left foot to left side turning $\frac{1}{2}$ over left shoulder
- 4 Touch right toe to right
- 5 Moonwalk backwards on right
- 6 Moonwalk backwards on left
- 7 Moonwalk backwards on right
- 8 Moonwalk backwards on left

SIDE STEP, $\frac{1}{4}$ STEP HITCH

- 1 Step right foot to right side (move arms from left to right upwards)
- 2 Touch left toe behind right foot
- 3 Step out on left foot $\frac{1}{4}$ turn left (9:00) (hold arms in front like grabbing a bar)
- 4 Put weight on right foot leaning backwards hitch up left knee (pull arms towards body)
- 5 Step forward on left foot
- 6 Touch right toe in front of left foot
- 7 Put weight on left foot
- 8 Touch left toe in front of right foot $\frac{1}{4}$ turn right facing 12:00 again (counts 5-8 are traveling forward towards 9:00)

MASH POTATOES BACKWARDS TRAVELING, POINT BACKWARDS, $\frac{1}{2}$ TURN, BODY ROLL

- 1 Swivel right foot backwards behind left foot
- 2 Swivel left foot backwards behind right foot
- 3 Swivel right foot backwards behind left foot
- 4 Swivel left foot backwards behind right foot
- 5 Point right toe backwards (right arm stretch out forward making fist with right hand)
- 6 $\frac{1}{2}$ turn over right shoulder (slap left arm on fist right hand moving arm backwards)
- 7 Start body roll
- 8 Pull left foot next to right foot ending body roll

REPEAT