

# Frostbite

**COPPER** **NOB**  
STEPSHEETS

拍數: 58      牆數: 4      級數: Intermediate  
編舞者: Beverly Lalonde  
音樂: Cold Outside - Big House



## RIGHT VINE, WALK FORWARD, KICK

- 1-4            Step right foot right, step left foot behind right, step right foot right, pivot ¼ turn left on right foot & point left heel forward  
5-8            Step left foot forward, step right foot forward, step left forward, kick right foot forward

## KICK-BALL-CHANGE TWICE

- 9&10           Kick right foot forward, step on ball of right foot, step on left foot  
11&12          Kick right foot forward, step on ball of right foot, step on left foot

## SIDE STEPS, COASTER STEP

- 13-14          Step right foot right, step left foot left  
15&16          Step back on right foot, close left foot beside right, step forward on right foot

## ½ PIVOT TURNS, RIGHT SHIMMY, LEFT SHIMMY

- 17-20          Step left foot forward, turn ½ turn right, step left foot forward, turn ½ turn right  
21-24          Take wide step left with left foot, slide right foot beside left foot for 2 counts, step right foot next to left foot & clap hands  
25-28          Take wide step right with right foot, slide left foot beside right foot for 2 counts, step left foot next to right foot & clap hands

## ¼ PIVOT TURNS, KICKS

- 29-32          Step left foot forward, turn ¼ turn right, step left foot forward, turn ¼ turn right  
33&34&        Kick left foot forward, step left foot beside right, kick right foot forward, step right foot beside left  
35&36&        Kick left foot forward, step left foot beside right, kick right foot forward, step right foot beside left  
37-40          Step left foot forward, turn ¼ turn right, step left foot forward, turn ¼ turn right  
41&42&        Kick left foot forward, step left foot beside right, kick right foot forward, step right foot beside left  
43&44&        Kick left foot forward, step left foot beside right, kick right foot forward, step right foot beside left

## ROCK FORWARD, SHUFFLE BACK, ROCK BACK, TURNING SHUFFLE FORWARD

- 45-46          Rock forward on left foot, step right foot back  
47&48          Step back on left foot, close right foot beside left, step back on left foot  
49-50          Rock back on right foot, step forward on left foot  
51&52          Step right foot forward, close left foot beside right turning ¼ turn left, step right foot beside left turning ¼ turn left

## TURNING SHUFFLE, STOMPS

- 53&54          Step left foot forward, close right foot beside left turning ¼ turn left, step left foot beside right turning ¼ turn left  
55-56          Turning ½ turn left stomp right foot, stomp left foot beside right

## KNEE POPS

- &57&58        Bending knees slightly lift both heels up, bring heels down, lift heels up, bring heels down (bringing knees together as you bring heels down, and facing 3 o'clock)

REPEAT

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