

Freeze & Shake

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Easy Intermediate
編舞者: Wanda Heldt (AUS) - January 2010
音樂: Ice Cream Freeze (Let's Chill) - Hannah Montana : (CD: Hannah Montana)



S1. RIGHT HEEL BALL STEP, ROCK, RECOVER, ½ TURN RIGHT SHUFFLE FORWARD

1&2 Touch Right heel forward, Step Right next to Left, Step Left forward.
3&4 Touch Right heel forward, Step Right next to Left, Step Left forward.
5-6 Rock forward on Right, Recover on Left,
7&8 ½ turn Right Shuffle forward R.L.R. [6:00]

S2. LEFT HEEL BALL STEP, ROCK, RECOVER, ½ TURN LEFT SHUFFLE FORWARD

1&2 Touch Left heel forward, Step Left next to Right, Step Right forward.
3&4 Touch Left heel forward, Step Left next to Right, Step Right forward.
5-6 Rock forward on Left, Recover on Right,
7&8 ½ turn Left Shuffle forward L.R.L. [12:00]

S3. HIP BUMPS TRAVELLING FORWARD R,L,R, HIP BUMPS with Shimmies

1&2 Step Right toe forward and Hip bump to Right,Left. Right & Step on Right.
3&4 Step Left toe forward and Hip bump Left,Right,left & step on Left. [slight knee dip]
5&6 Step Right toe forward and Hip bump to Right,Left. Right & Step on Right.
7&8 Step Left toe forward and Hip bump Left,Right,left & step on Left. [Slight knee dip]

Note: On steps - 3&4 and 7&8 slight knee dip as you step forward.

S4. SIDE ROCK, RECOVER, RIGHT SAILOR STEPS, SIDE ROCK, RECOVER, LEFT SAILOR STEP ¼ TURN LEFT

1-2 Rock Right, Recover on Left.
3&4 Step Right behind Left, Recover on Left, Step Right out to Right side.
4-6 Rock Left, Recover on Right.
7&8 ¼ turn Left, Step Left behind Right, Recover on to Right, Step Left out to Left side [9:00]

S5.. PADDLE TURNS LEFT & RIGHT

1& Point Right toe forward turn 1/8 left, [Weight on Left as you paddle turn]
2& Point Right toe forward turn 1/8 left,
3& Point Right toe forward turn 1/8 left,
4 Step down on Right slightly forward. [3:00]
5& Point Left toe forward turn 1/8 Right, [weight on Right as you paddle turn]
6& Point Left toe forward turn 1/8 Right,
7& Point Left toe forward turn 1/8 Right,
8 1/8 turn Right Step down on Left. [9:00]

S6. SYNCOPATED 2 x ¼ MONTEREY TURNS RIGHT, ROCK, RECOVER, LEFT COASTER STEP

1&2 Touch Right toe to Right side, Step on Right turn ¼ Right, Touch Left Toe to Left side. [12:00]
&3 Step Left next to Right, Touch Right toe to Right side.
&4 Step on Right turn ¼ Right, Touch Left toe to left side. [3:00]
5-6 Rock forward on Left, Recover on to Right,
7&8 Step back on Left, Step Right next to Left, Step Left forward.

Restart..... Have Fun In Life & In Dance

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