

# Frostbite In My Heart

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Improver  
編舞者: Marie Sørensen (TUR) - January 2013  
音樂: Frostbite - Michael Learns to Rock : (Album: Take Me To Your Heart)



Intro: 32 Counts

## CROSS, BACK, CHASSE, CROSS, BACK, CHASSE ¼ TURN

1-2            Cross left over right, step back on right  
3&4           Step left to left side, step right beside left, step left to left side  
5-6           Cross right over left, step back on left  
7&8           Step right to right side, step left beside right, ¼ turn right, step fwd. right (03:00)

## ROCKIN' CHAIR, FULL TURN, STEP FWD. HOLD

1-2            Rock fwd. left, recover  
3-4            Back rock left, recover  
5-6            ½ turn right, step back on left, ½ turn right, step fwd. on right  
7-8            Step fwd. on left, hold (03:00)

## SIDE, ROCK, CROSS, SIDE, ROCK, CROSS, SWAY, SWAY

1-2            Rock right to right side, recover  
3-4            Cross right over left, rock left to left side  
5-6            Recover, cross left over right  
7-8            Step right to right side, sway right, left (03:00)

## CROSS, BACK, ¼ TURN, CROSS, BACK ¼ TURN, SWAY, SWAY

1-2            Cross right over left, step back on left  
3-4            ¼ turn right, step right to right side, cross left over right (06:00)  
5-6            Step back on right, ¼ turn left, step left to left side  
7-8            Step right to right side, sway right, left (03:00)

## CHASSE, ROCK, RECOVER, ½ TURN SHUFFLE, ROCK, RECOVER

1&2           Step right to right side, step left beside right, step right to right side  
3-4           Back rock left, recover  
5&6           ¼ turn right, step left to left side, step right beside left, ¼ turn right, step back on left  
7-8           Rock back on right, recover (09:00)

## STEP, HOLD, BALL CHANGE, STEP, BRUSH, BRUSH, BRUSH, STEP, BRUSH & KICK

1-2            Step fwd. right, hold  
&3-4          Step left beside right, step fwd. right, brush left fwd.  
5-6            Brush left back and in front of right, brush left fwd.  
7-8            Step fwd. left, brush right fwd. and kick (09:00)

## SYNCOPATED JAZZ BOX, CROSS, CROSS, SIDE, TOUCH, SIDE, TOUCH

1-2            Cross right over left, step back on left  
&3-4          Step right to right side, cross left over right, cross right over left  
5-6            Step left to left side, touch right beside left  
7-8            Step right to right side, touch left beside right (09:00)

## CHASSE ¼ TURN, ROCK, RECOVER, SHUFFLE, STEP ½ TURN

1&2           Step left to left side, step right beside left, ¼ turn right, step back on left (12:00)  
3-4            Back rock right, recover

5&6 Step fwd. right, step left beside right, step fwd. right  
7-8 Step fwd. left, ½ turn right (weight on right) (06:00)

**TAG: During wall 3 – Facing 12:00 – 16 counts tag**

**CROSS, BACK, CHASSE, CROSS, BACK, CHASSE**

1-2 Cross left over right, step back on right  
3&4 Step left to left side, step right beside left, step left to left side  
5-6 Cross right over left, step back on left  
7&8 Step right to right side, step left beside right, step right to right side (12:00)

**JAZZ BOX, BRUSH, JAZZ BOX, BRUSH**

1-2 Cross left over right, step back on right  
3-4 Step left to left side, brush right fwd.  
5-6 Cross right over left, step back on left  
7-8 Step right to right side, brush left fwd.(12:00)

**Have Fun!**

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