

Frostbite

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Robert Lindsay (UK) - April 2013
音樂: Frostbite - Michael Learns to Rock : (Album: Michael Learns To Rock)



[1-8] Vine 2, ¼ Turn Step, Scuff, ¼ Turn Step Touch x2.

1-2 Step right to right. Step left behind right
3-4 Turning ¼ turn right, step forward on right. Scuff left foot forward.
5-6 Turning ¼ turn right, step left to left side. Touch right beside left.
7-8 Turning ¼ turn right, step forward onto right. Touch left beside right.

[9-16] Chasse Left, Rock Back, Step, Twist, Twist, Hook.

1&2 Step left to left. Step right beside left. Step left to left.
3-4 Rock back onto right. Recover weight onto left.
5-7 Step right foot forward. Bending knees twist heels 1/8 turn right. Twist heels 1/8 turn left.
8 With weight held on the left, hook right foot in front of left.

Restart here during Wall 3

[17-24] Side, Together, Shuffle Forward, Side Together, Shuffle Back.

1-2 Step right to right. Step left beside right
3&4 Step forward on right. Step left beside right. Step forward on right.
5-6 Step left to left. Step right beside left.
7&8 Step back onto left. Step right beside left. Step back onto left.

[25-32] Rock Back, ½ Turn Step Touch x2, & Out & In.

1-2 Rock back onto right. Recover weight onto left.
3-4 Turning ½ turn left, step back onto right foot. Touch left to right.
5-6 Turning ½ turn left, step forward onto left foot. Touch right to left.
&7&8 Step right out to right. Step left out to left. Step right foot in again. Step left beside right.

[33-40] Chasse Right, Rock, Recover, Chasse Left, Rock, Recover.

1&2 Step right to right side. Step left beside right. Step right to right side.
3-4 Rock back onto left. Recover weight onto right.
5&6 Step left to left side. Step right beside left. Step left to left side.
7-8 Rock back onto right. Recover weight onto left.

Restart here during Wall 6

[41-48] Monterey ½ Turn, Kick & Point x2

1-2 Touch right toe out to right side. Turning ½ turn right bring feet together with weight on right.
3-4 Touch left out to left side. Touch left to right.
5&6 Kick left foot forward. Step left beside right. Touch right out to right side.
7&8 Kick right foot forward. Step right beside left. Touch left out to left side.

[49-56] ¼ Sailor, Pivot ½ Turn, Step Forward, Heel Splits, Hook.

1&2 Turning ¼ turn left, step left behind right. Step right beside left. Step left beside right.
3-4 Step forward on right. Pivot ½ turn left.
5-6 Step forward on right. Turn both heels out.
7-8 Turn both heels back in place. Hook right foot in front of left.

[57-64] Shuffle Forward, Forward Rock, Recover, Left Coaster Step, Step ¼ Pivot Turn.

1&2 Step forward on right. Step left beside right. Step forward on right.
3-4 Rock forward on left. Recover weight onto right.

5&6 Step back onto left. Step right beside left. Step forward on left.
7-8 Step forward on right. Pivot ¼ turn left.

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