

# Ice Cream Freeze

**COPPER** **KNOB**  
BY STEPHEN

拍數: 96      牆數: 1      級數: Newcomer / Novice Novelty  
編舞者: Jolanda Korpershoek (NL) - May 2014  
音樂: Ice Cream Freeze (Let's Chill) - Hannah Montana



Intro: 32 counts - Sequence: A,B,C,D, A,B,C,D,D, B,C,D,D

## Part A - 32 counts

### DORITISTEP, DORITISTEP, KICK 3X STEP

1            RF □ Step diagonal forward  
2            LF □ Cross behind RF  
&            RF □ Step forward  
3            LF □ Step diagonal forward  
4            RF □ Cross behind LF  
&            LF □ Step forward  
5            RF □ Kick forward  
&            RF □ Step next to LF  
6            LF □ Kick forward  
&            LF □ Step next to RF  
7            RF □ Kick forward  
&            RF □ Step next to LF  
8            LF □ Step to left side

### SHUFFLE, SHUFFLE, TOUCH, TOUCH, STEP, 1/2 TURN, TOUCH.

1            RF □ Step to the right  
&            LF □ Step next to RF  
2            RF □ Step to the right  
3            LV □ Step to the left  
&            RF □ Step next to LF  
4            LF □ Step to the left  
5            RF □ Touch with heel out knee in  
&            RF □ Step back in place  
6            LF □ Touch with heel out knee in  
&            LF □ Step back in place  
7            RF □ Step forward  
&            LF □ ½ turn left (weight on LF) 6.00  
8            RF □ Touch

### DORITISTEP, DORITISTEP, KICK 3X STEP

1            RF □ Step diagonal forward  
2            LF □ Cross behind RF  
&            RF □ Step forward  
3            LF □ Step diagonal forward  
4            RF □ Cross behind LF  
&            LF □ Step forward  
5            RF □ Kick forward  
&            RF □ Step next to LF  
6            LF □ Kick forward  
&            LF □ Step next to RF  
7            RF □ Kick forward  
&            RF □ Step next to LF

8 LF □ Step to left side

**SHUFFLE, SHUFFLE, TOUCH, TOUCH, STEP, 1/2 TURN, TOUCH.**

1 RF □ Step to the right  
& LF □ Step next to RF  
2 RF □ Step to the right  
3 LV □ Step to the left  
& RF □ Step next to LF  
4 LF □ Step to the left  
5 RF □ Touch with heel out knee in  
& RF □ Step back in place  
6 LF □ Touch with heel out knee in  
& LF □ Step back in place  
7 RF □ Step forward  
& LF □ ½ turn left (weight on LF) 12.00  
8 RF □ Touch

**Part B - 16 counts**

**SIDE CROSS SIDE TOUCH, TOUCH, HOOK, TOUCH, HOOK, TOUCH, HOOK, TOUCH, HITCH**

1 RF □ Step to the right  
2 LF □ Cross behind RF  
3 RF □ Step to the right  
4 LF □ Touch next to RF  
5 RF □ Touch heel forward  
& LF □ Hook heel in front of your knee  
6 RF □ Touch heel forward  
& RF □ Hook left side up  
7 RF □ Touch heel forward  
& RF □ Hook heel in front of your knee  
8 RF □ Touch heel forward  
& RF □ Hitch

**SIDE CROSS SIDE TOUCH, TOUCH, HOOK, TOUCH, HOOK, TOUCH, HOOK, TOUCH, HITCH**

1 LF □ Step to the right  
2 RF □ Cross behind RF  
3 LF □ Step to the right  
4 RF □ Touch next to RF  
5 LF □ Touch heel forward  
& RF □ Hook heel in front of your knee  
6 LF □ Touch heel forward  
& LF □ Hook left side up  
7 LF □ Touch heel forward  
& LF □ Hook heel in front of your knee  
8 LF □ Touch heel forward  
& LF □ Hitch

**Part C - 32 counts**

**POSE, HOLD, HANDS UP AND DOWN LF UP, SHAKE UPPER BODY LEAN BACK AND FORTH, JUMP.**

1 RF □ Step out to the right (Hands out to both sides)  
2 Hold  
3 Right hand up, left hand down, LF straight up  
4 LF back in place hands up with the palm to your head.  
5&6 Shake upper body and lean a bit backward  
7& Shake upper body and lean a bit forward

8 Jump both feet together

**JUMP BEND KNEES, ROLL BODY FROM DOWN TO RIGHT SIDE UP, STEP, STEP, JUMP, HAND UP, PEDLE ¼ TURN PEDLE ¼ TURN**

1 Jump both feet out bend knee  
&2 Roll your body from down by way of right side up  
3 LF□step to the left  
4 RF□Step to the right  
5 Jump feet together  
6 Hands up  
& Hands down  
7 RF□Turn ¼ left touch to the right (hands up) 9.00  
& RF□Knee up (Hands down)  
8 RF□Turn ¼ left touch to the right (hands up) 6.00  
& RF□Knee up (Hands down)

**POSE, HOLD, HANDS UP AND DOWN LF UP, SHAKE UPPER BODY LEAN BACK AND FORTH, JUMP.**

1 RF □Step out to the right (Hands out to both sides)  
2 Hold  
3 Right hand up, left hand down, LF straight up  
4 Lf back in place hands up with the palm to your head.  
5&6 Shake upper body and lean a bit backward  
7& Shake upper body and lean a bit forward  
8 Jump both feet together

**JUMP BEND KNEES, ROLL BODY FROM DOWN TO RIGHT SIDE UP, STEP, STEP, JUMP, HAND UP, PEDLE ¼ turn, PEDLE ¼ turn**

1 Jump both feet out bend knee  
&2 Roll your body from down by way of right side up  
3 LF□step to the left  
4 RF□Step to the right  
5 Jump feet together  
6 Hands up  
& Hands down  
7 RF□Turn ¼ left touch to the right (hands up) 9.00  
& RF□Knee up (Hands down)  
8 RF□Turn ¼ left touch to the right (hands up) 6.00  
& RF□Knee up (Hands down)

**Part D - 16 counts**

**GRAPEVINE HEEL JACK RIGHT AND LEFT**

1 RF□Step to the right  
2 LF□Cross behind RF  
& RF□Step to the right  
3 LF□Touch left heel forward  
& LF□Step behind RF  
4 RF□Cross over LF  
5 LF□Step to the right  
6 RF□Cross behind RF  
& LF□Step to the left  
7 RF□Touch right heel forward  
& RF□Step behind LF  
8 LF□Cross over RF

**ROLL BODY FROM DOWN TO RIGHT SIDE UP, ROLL BODY FROM DOWN TO LEFT SIDE UP,**

## PIVITTURN 2X

- 1 RF☐Step to the right
- & Roll your body from down by way of right side up
- 2 LF☐Touch to left side
- 3 LF☐Step to the left
- & Roll your body from down by way of left side up
- 4 RF☐Touch to right side
- 5 RF☐Step forward
- & ½ turn left 6.00
- 6 LF☐Stepforward
- 7 RF☐Step forward
- & ½ turn left 12.00
- 8 LF☐Stepforward

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