

Ice Cream Freeze

COPPERKNOB
STEPSHEETS

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

Contact: korpershoekjolanda@hotmail.com
