Ice Cream Freeze

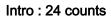


Count: 48 Wand: 0 Ebene: Beginner Contra

Choreograf/in: Maryloo (FR) - April 2012

Musik: Ice Cream Freeze (Let's Chill) - Hannah Montana : (CD: Vol .3 - Original

Soundtrack)



The dancers are placed in front of each other, along two lines or in circle

HEEL TOUCHES, BEHIND, SIDE, CROSS (R.& L. SIDE)

1-2 Touch right heel to side (twice)

3&4 Step right behind left, step left to side, cross right over left

5-6 Touch left heel to side (twice)

7&8 Step left behind right, step right to side, cross left over right

TRIPLE FORWARD (R. & L.), PUDDLE TURN ½ LEFT

1&2 Triple forward (right, left, right)3&4 Triple forward (left, right, left)

5&6&7&8 Touch right to side, hitch right turn 1/8 left on left (repeat 4 X) (weight on left)

You are now on other side of line

HEEL TOUCHES, BEHIND, SIDE, CROSS (R.& L. SIDE)

1-3 Touch right heel to side (twice)

3&4 Step right behind left, step left to side, cross right over left

5-7 Touch left heel to side (twice)

7&8 Step left behind right, step right to side, cross left over right

TRIPLE FORWARD (R. & L.), MAMBO (R. &L.)

1&2 Triple forward (right, left, right)
3&4 Triple forward (left, right, left)

Rock right to side, recover on left, step right together Rock left to side, recover on right, step left together You are now back where you started, back to back with your partner

JUMP (TOGETHER, OUT, CROSS), UNWIND ½ TURN LEFT, WALKS FORWARDS

1&2 Jump up (feet together), jump out (feet apart), jump right across left

3-4 Unwind turn ½ left (weight ends on left)5-8 Walks forward (right, left, righ,t left)

You are now face to face with your partner

JUMP (TOGETHER, OUT, CROSS), UNWIND ½ TURN, WALKS FORWARD & ½ TURN LEFT

1&2 Jump up (feet together), jump out (feet apart), jump right across left

Option:

When you make the jumps, you can:

1 Clap in your hands

& Clap in both hands of your partner in front of youClap in the right hand of your partner in front of you

3-4 Unwind turn ½ left (weight ends on left)

5-7 Walks forward (right, left, right,)

8 Make a ½ turn left and step left next to right

You are now in front of your partner

VARIANT:

This dance can be danced in circle; in the last section, by walking forward you move slightly towards the left to change partner