On Ice (如履薄冰) (zh)

Count: 48 **Wall:** 2 **Level:** Improver
Choreographer: Lawrence Allen (USA) - 2010年10月
Music: Frozen - Tami Chynn : (CD: Prima Donna)

前奏： 32 count intro; Start on Lyrics “Another day, Another way….”32拍後唱歌起跳

Phrase A A部份

第一段 **Touch, Step, Touch, ¼ Left Hitch Turn, Back Left, Right, Left Coaster Cross 右點 併踏, 左點 1/4抬轉, 後走 走, 海岸交叉**

1-2 Touch right toes out to right side, bring right foot in beside left
右足趾右點, 右足併踏

3-4 Touch left toes to left side, make a ¼ turn to left hitching left knee up keeping weight back on right foot (9:00 wall)
左足趾左點, 左轉90度左膝抬重心在右足(面向9點鐘)

5-6 Walk back left, right
左足後走, 右足後走

7&8 Step left foot back, step right foot beside left, cross left foot over right 左足後踏, 右足併踏, 左足於右足前交叉踏

第二段 **Point, Cross, Left Rock-Recover-Cross, Side, Behind, Hold, Ball Cross**
右點 交叉, 曼波交叉, 右 後 候 旁 前

1-2 Point right toes to right side, cross right over left
右足趾右點, 右足於左足前交叉踏

3&4 Rock left out to left side, recover weight on right, cross left over right 左足左下沉, 右足回復, 左足於右足交叉踏

5-6 Step right out to right side, step left behind right
右足右踏, 左足於右足後踏

7&8 HOLD COUNT 7, step right foot to right side, cross left over right
候, 右足右踏, 左足於右足前交叉踏

第三段 **Touch, ¼ Right Turn, Right Kick Ball Touch, Behind, Touch, ¼ Right Turn Sailor 右點 1/4, 踢 併 點, 後 右點, 1/4 轉水手**

1-2 Touch right toes to right side, make a ¼ turn to right keeping weight back on left foot while dragging right foot back by left (12:00 wall)
右足趾右點, 右轉90度重心在左足右足拖併(面向12點鐘)

3&4 Kick right foot forward, step right beside left, touch left toes to left side 右足前踢, 右足併踏, 左足趾左點

5-6 Step left foot behind right, touch right toes to right side
左足於右足後踏, 右足趾右點

7&8 Step right behind left, make a ¼ right turn stepping left foot to left side, step right foot beside left foot (3:00 wall)
右足於左足後踏, 右轉90度左足左踏, 右足併踏(面向3點鐘)

第四段 **Walk Left, Right, Left Shuffle Forward, Right Rock, Recover, 1/4 Right Turn, Cross 走 走, 前交換, 下沉 回復, 1/4 交叉**

1-2 Walk forward left, right 左足前走, 右足前走

3&4 Step left foot forward, step right foot beside left, step left foot forward 左足前踏, 右足併踏, 左足前踏

5-6 Rock right forward, recover back on left
右足前下沉, 左足回復

7-8 Make ¼ turn to right stepping right foot to right side (6:00 wall), cross left over right 右轉90度右足右踏(面向6點鐘), 左足於右足前交叉踏

Phrase B B部份

第一段 **Right Rock-Recover-Cross, Left Rock-Recover-Cross, Sway Hips Right, Left, Right, Left 曼波交叉, 曼波交叉, 擺臀-右左右左**

1&2 Rock right out to right side, recover weight on left, cross right over left 右足右下沉, 左足回復, 右足於左足前交叉踏

3&4 Rock left out to left side, recover weight on right, cross left over right 左足左下沉, 右足回復, 左足於右足前交叉踏

5-8 Sway hips right, left, right, left 擺臀-右, 左, 右, 左

第二段	**Right Rock-Recover-Cross, Left Rock-Recover-Cross, Sway Hips Right, Left, Right, Left 曼波交叉, 曼波交叉, 擺臀-右左右左**
1&2	Rock right out to right side, recover weight on left, cross right over left 右足右下沉, 左足回復, 右足於左足前交叉踏
3&4	Rock left out to left side, recover weight on right, cross left over right 左足左下沉, 右足回復, 左足於右足前交叉踏
5-8	Sway hips right, left, right, left 擺臀-右, 左, 右, 左