

# Frozen in Motion

Count: 64

Wall: 4

Level: Phrased Intermediate

Choreographer: Krista Young (USA) - March 2024

Music: Head & Heart (feat. MNEK) - Joel Corry



Intro: 16 counts, start with lyrics

Sequence: A A A A A A A B A A (B is otherwise known as a Tag between 7th & 8th walls)

Ending: Final wall starts on 12:00 and ends on 3:00. Optional Styling: contract torso with hands on heart on the final 8, then throw the hands down on 1 opening chest up to 12:00 to finish.

## A

### [1-8] Step Lock, Step Tap, ¼ Weave, Slide

- 1-2 Step fwd on RF, lock LF behind RF
- 3-4 Step fwd on RF, tap L toe behind RF
- 5&6 Step LF to L side, cross RF behind LF, turn ¼ L and step LF fwd (9:00)
- 7-8 Step RF back and slide LF back towards RF, continue sliding LF

### [9-16] Step Tap, Step ½ Turn, Coaster Step, Out Out, \*Heel Drop\*

- 1-2 Step LF back, tap RF back
- 3-4 Step RF fwd, ½ turn L keeping weight on RF and popping L toe fwd (3:00)
- 5&6 Step LF back, step RF next to LF, step LF fwd
- &7 Step RF slightly out to R, step LF slightly out to L\*Optional Styling: Especially on the chorus, you can add "heels up, heels down" on &8 along with pumping hands on heart\*

### [17-24] Weave, Rock-Recover Tap, Slide

- 1-2 Step RF to R, cross LF behind RF
- 3-4 Step RF to R, cross LF in front of RF
- 5&6 Step RF to R, recover on LF, tap R toe next to LF
- 7-8 Step RF to R and slide LF towards RF, continue sliding LF

### [25-32] Knee Pops, Rock-Recover, Chase Turn, ½ Turn

- 1-2 Step LF back while popping R knee, step RF back while popping L knee
- 3-4 Step LF back, recover on RF
- 5&6 Step LF fwd, turn ½ R while shifting weight onto RF, step LF fwd (9:00)
- 7-8 Pivot ½ R keeping weight on LF and popping R toe fwd (3:00), hold 8

\*Optional Styling: Head up on 8\*

**B (TAG): Occurs between 7th and 8th wall. Starts and ends facing 9:00.**

### [1-8] Fwd Walks

- 1-2 Step fwd on RF, drag LF fwd towards RF
- 3-4 Step fwd on LF, drag RF fwd towards LF
- 5-6 Step fwd on RF, drag LF fwd towards RF
- 7-8 Step fwd on LF, drag RF fwd towards LF

### [9-16] Chase Turns

- 1-2 Step fwd on RF, turn ½ L while stepping fwd onto LF
- 3-4 Step fwd on RF, hold
- 5-6 Step fwd on LF, turn ½ R while stepping fwd onto RF
- 7-8 Step fwd on LF, hold

### [17-24] Mambo Crosses

1-2	Step RF to R, recover on LF
3-4	Cross RF in front of LF, hold
5-6	Step LF to L, recover on RF
7-8	Cross LF in front of RF, hold

**[25-32] Back Walks**

1-2	Step back on RF, drag LF back towards RF
3-4	Step back on LF, drag RF back towards LF
5-6	Step back on RF, drag LF back towards RF
7-8	Step back on LF, drag RF back towards LF

**\*\*\*This choreography was created for the USLDCC competition at The Edge 2024 and won second place in the Phrased division!\*\*\***

**Contact: [kristayoung.dance@gmail.com](mailto:kristayoung.dance@gmail.com)**

---