

Gems & Frosting

Count: 32

Wall: 4

Level: Improver

Choreographer: Braedon Crouse (USA) - July 2025

Music: Carat Cake - Paul Russell



[1-8] Walk R,L, Out-Out and Cross, ¼ turning Heel Grind, Back R Shuffle

- 1-2 Step RF forward (1), Step LF forward (2),
&3&4 Step RF out (&), Step LF out (3), Step RF back in the middle (&), Cross LF over RF (4)
5-6 Rock forward on the right heel with the toes pointed to the left (5), Recover on the left foot as you turn the right toes to the right (6)
7&8 Step RF back (7), Step LF back (&), Step RF back (8)

[9-16] Rock Back, R Full Turn, L Shuffle Forward, L ½ Turn

- 1-2 Step LF Back (1), Recover onto RF (2)
3-4 Full turn over your right shoulder, keeping weight on your RF (3,4)
5&6 Step LF forward (5), Bring RF together (&), Step LF forward (6)
7-8 Step RF forward (7), Pick up both heels and make a ½ turn over your left shoulder (8)

[17-24] Right Press-Return, Step L forward, Back Rock ¼, Behind side cross ¼ turn

- 1,2& R press forward (1), recover weight onto LF (2), RF step next to LF (&)
3-4 Step LF forward (3), Hold (4)
5&6 Rock RF behind LF (5), Recover weight onto LF (&), Step RF ¼ to right 12:00 (6)
7&8 Step LF behind RF (7), Step RF to R side (&), Cross LF over RF making ¼ R (8)

[25-32] R Hitch, R Hitch ¼ turn, R Coaster, ¼ Pivot, L Crossing Shuffle

- 1-2 Lift R knee beside LF (1), turn ¼ R lifting R knee beside LF (2)
3&4 Step RF back (3), Step LF together (&), Step RF forward (4)
5-6 Step LF forward (5), Pick up both heels and make a ¼ pivot over right shoulder (6)
7&8 Cross LF over RF (7), Step RF out (&), Cross LF over RF (8)

TAG 16 Counts

[1-8] Side Rock R, Side Rock L, Rock R recover L, Back R Shuffle

- 1,2 Step RF to R side (1), Hold (2)
&3,4 Step LF to L side (&), Step RF together (3), Step LF to L side (4)
5,6 Step RF forward (5), Recover LF back (6)
7&8 Step RF back (7), Step LF back (&), Step RF back (8)

[9-16] Rock back L, Recover R, Side Rock Cross

- 1,2 Step LF back (1), Recover forward on RF (2)
&3,4 Step LF to L (&), Step RF together (3), Cross LF over RF (4)
&5&6&7&8 PADDLE TURN LEFT: Step right next to left (&), make ¼ turn left stepping forward left (5), step right next to left (&), make ¼ turn left stepping forward left (6), step right next to left (&), make ¼ turn left stepping forward left (7), step right next to left (&), make ¼ turn left stepping forward left (8)