

Ice Cream Freeze

Compte: 48

Mur: 0

Niveau: Beginner Contra



Chorégraphe: Maryloo (FR) - April 2012

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

Intro : 24 counts

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)
- 5&6 Rock right to side, recover on left, step right together
- 7&8 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, right, 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 you
- 2 Clap 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
