

拍数: 64 墙数: 2
编舞者: Shaz Walton (UK)
音乐: Ice Ice Baby - Vanilla Ice



Count in: 16 counts after vanilla sings let's "Kick It!" On the words "Alright stop"

PRESS, RECOVER, COASTER ¼ PIVOT, HITCH ½ TURN RIGHT, ROCK, RECOVER, CROSS

- 1-2 Press forward on ball of right foot, recover weight on left
- &3-4 Step back right, step forward left, pivot ¼ turn right, (weight on right)
- 5-6 Make ¼ turn right as you hitch left & push left hip out, keeping left foot up push left hip up as you make ¼ right, (use ball of right foot)
- 7&8 Rock left to left side, recover on right, cross step left over right

DIP/LEAN RIGHT, LEFT-DRAG-BALL CROSS, ¼ TURN, TOUCH, DIAGONAL KNEE POPS

- 1 Make a big step right to right as you dip and lean over to right
- 2-3 Recover on left as you dip & lean to left, drag right foot up to left
- &4 Step right beside left, cross left over right
- 5-6 Make ¼ turn right stepping right forward, touch left beside right
- &7&8 Raise up on balls of feet with knees facing left diagonal, return to center placing heels down, raise up on balls of feet with knees facing right diagonal, return to center placing heels down (twist your upper body in opposite direction to knees)

BALL, CROSS, SIDE, BALL, CROSS, SIDE, BACK, CROSS, ¼, ½, STEP

- &1-2 Step back on left, cross right over left, step left to left side
- &3-4 Step back on right, cross left over right, step right to right side
- &5 Step back left, cross right over left
- 6-7-8 Make ¼ right stepping back on left, make ½ right stepping right forward, step left forward

DIAGONAL STEP, DIP, DIP, BALL STEP BACK, SAILOR STEP, ¼ WALK, WALK

- 1-2 Step right to right diagonal with body facing left diagonal dip down keeping arms by your side, dip again
- &3-4 Step right beside left, step left back diagonally left, step right to right side
- 5&6 Cross left behind right, step right to right side, step left to left side
- 7-8 Make ¼ turn stepping right forward, walk forward left

Restart here both times

¼ LEAP/SWEEP-UNWIND ½ RIGHT, OUT OUT, SHOULDER ROLLS, ROCK, BACK, STEP

- 1-2 Make ¼ turn right as you leap forward on right with left leg extended behind, sweep left across right
- 3 Unwind ½ turn right
- &4 Step right to right side, step left to left side
- 5-6 Lean to right as you roll shoulders to right side, lean to left as you roll shoulders to left
- 7&8 Rock back on right, recover on left, step right to right side

BUMP, BUMP ¼ COASTER CROSS, TOES/DIP, TOES, SAILOR STEP TO LEFT DIAGONAL

- 1-2 Bump hips to right, bump hips to left as you sit on left hip making ¼ turn right
- 3&4 Step back right, step back left, cross right over left
- 5-6 Step left to left as you bring both toes & knee's in (bend knees) straighten up as toes return out & heels together
- 7&8 Step right behind left, step left to left side, step right beside left as you face left diagonal

STEP, BACK-SLIDE, COASTER STEP, CROSS, BACK, SLIDE, TURN, COASTER STEP, STEP FORWARD

- 1-2 Step left back to right diagonal back, slide right towards left
- &3-4 Step back right, step forward left, make $\frac{1}{4}$ turn to face home wall crossing right over left
- 5-6 Step back left to left diagonal back, slide right towards left
- &7-8 Step right next to left cross left over right, make $\frac{1}{8}$ turn to right stepping right forward (to face 3:00 wall)

STEP, SWIVEL $\frac{1}{4}$, SWIVEL $\frac{1}{4}$ BALL STEP, PRESS, RECOVER, BALL TOUCH, KNEE ROLL $\frac{1}{4}$ TURN LEFT

- 1 Step forward left
- 2-3 Twist right heel in as you make $\frac{1}{4}$ turn right, twist left heel out as you make $\frac{1}{4}$ turn right, (weight on left)
- &4 Step right beside left, step left forward
- 5-6 Press right forward, recover weight on left
- &7 Step right beside left, touch left beside right
- &8 Twist left knee anti to the right $\frac{1}{4}$ turn left, twist right knee to the left bringing knees together (weight on left)

REPEAT

RESTART

After 1st & 3rd full repetition, dance the chorus (32 counts) & restart the dance from the beginning. You will be facing the back both times

ENDING

The track almost stops towards the end. Don't be tempted to finish. Carry on until the end making the cross, side, back, cross, $\frac{1}{4}$, $\frac{1}{2}$, step into a full turn to finish at the front
