Ice Baby



编舞者: Judy Rodgers (USA) - July 2009

音乐: Ice Ice Baby - Crazy Frog: (CD: More Crazy Hits)



Alt. Msic:

Love Sex Magic by Ciara feat Justin Timberlak; CD: Love Sex Magic, Amazon.com; All I Want to Do by Sugarland (not perfectly phased)

Intro: 32 counts on 1st two tracks; 40 counts after singing starts on the Sugarland song)

** There are easy options for all syncopated steps to make the dance easier for beginners **

KICK & POINT & KICK & TOUCH, TURN ½, STEP TURN ¼, TRIPLE IN PLACE

1&2 Kick right foot forward, step on ball of right foot, point left foot to left side

Bring left foot beside right, kick right forward, step on ball of right, touch left toe behind right Turn ½ left dropping left heel, step forward on right turning ¼ left (weight on right foot) (3:00)

7&8 Triple left, right, left in place (a light stomp feeling)

** (easy option for 3&4 Drag left beside right, touch left toe behind right)

ROCK RECOVER R & ROCK RECOVER L, STEP PIVOT 1/4, CROSS SHUFFLE

1-2 Rock right to right, recover to left

Step right beside left, rock left to left, recover to right

Step left beside right, step right forward, pivot ¼ left (12:00)

7&8 Cross shuffle right, left, right

SYNCOPATED WEAVE, HOLD, STEP, BEHIND, HOLD, STEP, ROCK RECOVER

1-2 Step left to left, step right behind left
&3-4 Step left to left, step right across left, hold
&5-6 Step left to left, step right behind left, hold

&7-8 Step left to left, rock right across left, recover to left
** (easy option for 1-8) Regular 8 count weave to left with touch on 8

(Step left, step right behind, step left, step right across, step left, step right behind, step left, touch)

TURN 1/4 SHUFFLE FORWARD, TURN 1/2 SHUFFLE BACK, COASTER STEP, STEP HIP BUMPS

Turn ¼ right and shuffle right, left, right (3:00)
3&4 Turn ½ right and shuffle left, right, left (9:00)

5&6 Step right back, step left beside right, step right forward

7&8 Step left forward, bump left right left

Repeat

^{** (}easy option for 3-6 Rock right back, recover to left, step right forward, pivot 1/4 left)