

Ice Breaking (In The Heat of The Night)

拍数: 0 墙数: 2 级数: Phrased Intermediate / Advanced
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音乐: Splitting the Iceberg - Anita Mui



Or : In The Heat of The Night by Sandra

Intro: 2x8 (6x8 using the English version)

Sequence (Chinese): A- A-AB AB A- A- A B-B+ A; (English): AB AB A- A- A- A B+ A (just follow the music!)

Part A (84 counts)

R KICK BALL POINT, SHOULDER JERKS X4, POINT AND POINT

- 1&2□ Kick RF forward, Step RF in place, Point LF to left
- 3-6□ Jerk shoulders forward, Jerk shoulders back, Jerk shoulders forward, Jerk shoulders back
- &7&8□ Close LF to RF, Point RF to right, Close RF to LF, Point LF to left

L KICK BALL POINT, SHOULDER JERKS X4, POINT AND POINT

- 1&2□ Kick LF forward, Step LF in place, Point RF to right
- 3-6□ Jerk shoulders forward, Jerk shoulders back, Jerk shoulders forward, Jerk shoulders back
- &7&8□ Close RF to LF, Point LF to left, Close LF to RF, Point RF to right

WALK WALK, OUT OUT IN CROSS, ROCKING CHAIR

- 1-2□ RF Walk forward, LF walk forward
- &3&4□ Step RF out, Step LF out, Step RF in, Cross LF in front of RF
- 5-8□ Rock RF forward, Replace LF, Rock RF back, Replace on LF

TOE STRUTS WITH ½ TURN RIGHT

- 1-4□ 1/8 turn R stepping R toe forward, R heel down, 1/8 turn R stepping L toe forward, L heel down
- 5-8□ Repeat 1-4 until you face the back wall. (6:00) [A- until here]

SYNCOATED VINE RIGHT, ¼ TURN R, CLOSE

- 1-2&3□ Step RF to R, Step LF behind RF, Step RF to R, Cross LF in front of RF
- 4-5&6□ Step RF to R, Step LF behind RF, Step RF to R, Cross LF in front of RF
- 7-8□ ¼ turn R Step RF forward, Step LF next to RF (9:00)

FREESTYLE BODY ROLL, FEET SWITCHES

- 1-4□ Freestyle body roll (can do Sexy Body Roll for 4 counts) with weight ending on LF
- 5&6&□ Hitch R knee, Close RF next to LF, ¼ turn left Put L heel forward, Close LF next to RF (6:00)
- 7&8□ Touch R toe next to LF, Close RF next to LF, Point LF to left side

SYNCOATED VINE LEFT, ¼ TURN L, CLOSE

- 1-2&3□ Step LF to L, Step RF behind LF, Step LF to L, Cross RF in front of LF
- 4-5&6□ Step LF to L, Step RF behind LF, Step LF to L, Cross RF in front of LF
- 7-8□ ¼ turn L Step LF forward, Step RF next to LF (3:00)

FREESTYLE BODY ROLL, FEET SWITCHES

- 1-4□ Freestyle body roll (can do Sexy Body Roll for 4 counts) with weight ending on LF
- 5&6&□ Hitch R knee, Close RF next to LF, ¼ turn right put L heel forward, Close LF next to RF (6:00)
- 7&8□ Touch R toe next to LF, Close RF next to LF, Point LF to left side

POINT, POSE, HOLD, ½ MONTEREY TURN R, POSE HOLD

- &1□ Close LF to RF, Point RF to right (crossing both fists at wrists above head)
- 2-4□ Hold the pose for 3 counts
- &5□ ½ turn right Step RF next to LF, Point LF to left (drop both arms, palms open front) (12:00)
- 6-8□ Hold the pose for 3 counts

POINT, POSE, HOLD, POINT, CROSS, SWING ARMS, UNWIND

- &1□ Close LF next to R, Point RF to right (Place L palm on back of neck and R arm pointing forward)
- 2-4□ Hold for 3 counts
- &5□ Close RF next to LF, Point LF to L, (Bring both arms to next to R side)
- 6□ Cross LF over RF (Swing L arm around over head to L side)
- 7□ Hold and Prep to full turn (Swing R arm around over head to L side)
- 8□ Unwind full right turn (sharp)

R ARM UP, HOLD

- 1-4□ Bring R arm straight up and look up, hold for 3 counts

Part B (60 counts) - Chorus

POINT, ¼ LEFT COASTER POINT AND POINT, ½ TURN FLICK, STEP, FORWARD SHUFFLE

- 1-2&□ Point LF to left, ¼ turn left step back on LF, step RF next to LF (9:00)
- 3&4□ Point LF forward, step LF next to RF, Point RF forward
- 5-6□ ½ turn left on ball on LF and flick RF behind, Step RF forward (3:00)
- 7&8□ Step LF forward, Step ball of RF next to LF, Step LF forward

¼ CROSS POINT, DRAG, CROSS, ¼ LEFT BACK, BACK, BACK ROCK, REPLACE

- &1□ ¼ turn right crossing RF over LF, point LF to left and bend R knee (6:00)
- 2-4□ Drag LF towards RF on counts 2-3 and straighten R knee, cross LF over RF
- 5-8□ ¼ turn left stepping back on RF, step LF back, rock RF back, replace on LF (3:00)

(HEADACHE STEP!!) LEFT ½ TURN PADDLES, STEP, RIGHT ½ TURN PADDLES, STEP

- 1-4□ Paddle ½ turn left with RF 3 times, step RF forward on count 4 (9:00)

Options: L palm next to forehead, R arm stretched out on right side

- 5-8□ Paddle ½ turn right with LF 3 times, step LF forward on count 8 (3:00)

Options: R palm next to forehead, L arm stretched out on left side

½ HINGE TURN LEFT, BACK, R COASTER, BIG STEP FORWARD, TOUCH, KNEE POPS, ¼ TURN LEFT

- 1-2 3&4□ ½ turn left stepping back on RF, step LF back, R coaster step (9:00)
- 5-6□ LF big step forward, touch RF next to LF
- 7-8□ Pop L knee forward shifting weight to RF, ¼ turn left popping R knee forward shifting weight back to LF (6:00)

BACK, SIDE, FORWARD, HITCH, FORWARD, SIDE, BACK, HITCH

- 1-3□ Step RF diagonal back (facing 4:30), Step LF to left side (square to 3:00)
- 3-4□ Step RF diagonal forward (facing 1:30), hitch L knee
- 5-6□ Step LF forward (still facing 1:30), Step RF to right side (square to 12:00)
- 7-8□ Step LF diagonal back (facing 10:30), hitch R knee

BACK, SIDE, FORWARD, HITCH, FORWARD, SIDE, BACK, HITCH

- 1-2□ Step back on RF (still facing 10:30), Step LF to left side (square to 9:00)
- 3-4□ Step RF diagonal forward (facing 7:30), hitch L knee
- 5-6□ Step LF forward (still facing 7:30), Step RF to right side (square to 6:00)
- 7-8□ Step LF diagonal back (facing 4:30), hitch R knee

[B- until here, square back to 6:00 step RF next to LF on count & and point L on count 1 of B+]

PENGUIN BOX, HITCH RONDE, ANITA LUNGE, HOLD

- 1□ Step back on RF (square to 3:00) pushing R shoulder down

- 2□ ¼ turn left stepping LF to left side pushing L shoulder down (12:00)
- 3□ ¼ turn left stepping RF to right side pushing R shoulder down (9:00)
- 4□ ¼ turn left stepping LF to left side pushing L shoulder down (6:00)
- &5-6□ Bring RF next to LF, lift R knee and open out stepping down (feet apart) on count 6
- 7-8□ Lunge to R by bending R knee with L leg stretched to L, Hold

HIP BUMPS SHIFTING WEIGHT TO LF, HITCH RF

- 1-4□ 4x Hip bumps to left and gradually shifting weight to LF (pop your shoulders up and down)
 and hitch R knee on the last count

(in B+, do a total of 8x hip bumps to left + hitch)

Enjoy!! In memory of the late Anita Mui, the “Madonna of Asia”.

Note: The Cantonese song version is very long, so feel free to trim it. You can omit both A-’s at the front and start dancing at the vocals (A) or fade off the music before it connects to B+!
