

拍數: 96 牆數: 2 級數: Phrased Intermediate
 編舞者: Team I.C.E. - January 2021
 音樂: Ice Ice Baby (Glee Cast Version) - Glee Cast



Intro: 32 counts (approx. 24 secs)

Sequence: A-B-A-A-B-A-B

PART A

S1: Jump Back R, L, Hold, ¼ L, Back R, Drag L, Step L, Walk R, Walk L

&1,2 Jump back R (&), step L out to L side, hold
 (arm option: on count 1 push R arm forward with palm forward as if indicating "stop")
 3 Bring R hand behind R ear with R elbow at 90° (as if listening)
 4 Make ¼ turn L transferring weight to L
 5,6 Big step back R, drag L towards R
 (arm option: on count 5 push R arm forward with palm forward, then lower arm to normal position for count 6)
 &7,8 Step L next to R (&), walk forward R, walk forward L 9:00

S2: Step R, Touch L, Step L, Touch R, Step R, Cross Shuffle, ½ R Heel Bounces

1,2 Step R to R side, touch L slightly to L diagonal rotating hips anticlockwise (weight on R)
 3,4 Step L to L side, touch R slightly to R diagonal rotating hips clockwise (weight on L)
 &5&6 Step R next to L (&), cross L over R, step R to R side (&), cross L over R
 7,8 Make ½ turn R bouncing heels twice (weight ends on L) 3:00

S3: Step R, Cross L, Hold, Step R, L Heel, Step L, Touch R, R Kick Step Point, L Kick Step Point

&1,2 Step R next to L (&), cross L over R, hold
 &3&4 Step R to R side (&), touch L heel to L diagonal, step L next to R (&), touch R next to L
 5&6 Kick R forward, step forward R (&), point L to L side (travel slightly forwards)
 7&8 Kick L forward, step forward L (&), point R to R side (travel slightly forwards) 3:00

S4: Brush R, Touch R, Heel Twist ½ R, R Coaster, Camel Walks L, R

1,2 Brush R forward, touch R toe back
 3&4 Twist both heels L, R (&), L making ½ turn right (weight ends on L) 9:00
 5&6 Step back R, step L next to R (&), step forward R
 7,8 Walk forward L popping R knee, walk forward R popping L knee (or just walks)
 (styling option: roll shoulders forward during camel walks)

S5: Lunge/Press, Recover, Behind Side Cross, Step R, Heel Twists, Behind R, ¼ L, Step R

1,2 Lunge/press L to L side, recover on R
 3&4 Step L behind R, step R to R side (&), cross L over R
 5&6 Step R to R diagonal, twist both heels R (&), twist both heels L (weight on L)
 7&8 Step R behind L, make ¼ turn L stepping forward L (&), step forward R 6:00

S6: Jump Forward L, R, Hold, Heel Swivels, Cross Rock, Recover, Side R, Cross Rock, Recover, ¼ L

&1 Jump forward L (&), step R out to R side (shoulder-width apart)
 2 Hold and fold both arms across chest
 3&4 Swivel both heels in, swivel both toes in (&), swivel both heels in
 5&6 Drop arms and cross rock R over L, recover on L (&), step R to R side
 (styling option: push both arms back and forward during the cross rock, recover)
 7&8 Cross rock L over R, recover on R (&), make ¼ turn L stepping forward L 3:00
 (styling option: push both arms back and forward during the cross rock, recover)

S7: ¾ Walk-around L, R Vaudeville, L Vaudeville

1,2,3,4 Make ¾ turn L stepping R, L, R, L
5&6 Cross R over L, step L to L side (&), touch R heel to R diagonal
&7&8 Step R next to L (&), cross L over R, step R to R side (&), touch L to L diagonal 6:00

S8: Step L, Step R, Pivot ½ L, Step R, L Heel Twist ¼, R Heel Twist ¼, Back L, Hook R, Step R, Step L

&1 Step L next to R (&), step forward R
2,3 Make ½ turn L (weight on L), step forward R
&4 Twist L heel to right ¼ turn (&), twist R heel to right ¼ turn (½ turn L in total) 6:00
5,6 Step back L, hook R in front of L
7,8 Step forward R, step L together next to R

PART B Starts on the lyric "Ice Ice Baby"

S1: Skate R, Skate L, R Shuffle, Rock, Recover, ½ L Shuffle

1,2 Skate R, skate L
(arm option: push both arms up and over to the right when skating R, push both arms up and over to the left when skating L)
3&4 Step forward R, step L next to R (&), step forward R
(arm option: push both arms up and over to the right during the R shuffle)
5,6 Rock forward L, recover on R
7&8 Make ½ turn L stepping forward L, step R next to L (&), step forward L

S2: Repeat PART B Section 1 above

S3: Side R, Touch L, Side L, Touch R, Rolling Vine With Touch

1,2,3,4 Step R to R side, touch L next to R, step L to L side, touch R next to L
5,6,7,8 Make ¼ turn R stepping forward R, make ½ turn R stepping back on L, make ¼ turn R stepping R to R side, touch L next to R
(styling option: during counts 1-8 bend knees slightly and lean forward with hands clasped behind back, adding a bounce action to the steps)

S4: Side L, Touch R, Side R, Touch L, Rolling Vine With Touch

1,2,3,4 Step L to L side, touch R next to L, step R to R side, touch L next to R
5,6,7,8 Make ¼ turn L stepping forward L, make ½ turn L stepping back on R, make ¼ turn L stepping L to L side, touch R next to L
(styling option: during counts 1-8 bend knees slightly and lean forward with hands clasped behind back, adding a bounce action to the steps)

ENDING: Dance finishes at 12:00 - Step R to R side and fold arms with attitude! Have fun!

Team I.C.E. comprises: Ann-Kristin Sandberg, Audrey Dance, Brenda Shatto, Brenda Thomason, Britt Beresik, Charlie Bowring, David Sinfield, Debbie Ellis, Debbie Mabbs, Diana Liang, Elaine Cook, Flo Defaix, Helene Lavoie, Jeni Bradshaw, Josiane Tara, Kirsty Harpham-fox, Laura Sway, Maureen McShane Hanlon, Monica Bhasin, Nad Gab, Nancy Sbs, Patricia Stott, Sarah Caldwell, Susan Stamey Duncan, Teresa Guise, Tom Inge Sønju
