

Freeze & Shake

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Count: 48

Wall: 4

Level: Easy Intermediate

Choreographer: Wanda Heldt - Perth WA - Jan 2010

Music: Ice Cream Freeze by: Miley Cyrus [Cd Hannah Montana]

S1. RIGHT HEEL BALL STEP, ROCK, RECOVER, ½ TURN RIGHT SHUFFLE FORWARD

1&2 Touch Right heel forward, Step Right next to Left, Step Left forward.

3&4 Touch Right heel forward, Step Right next to Left, Step Left forward.

5-6 Rock forward on Right, Recover on Left,

7&8 ½ turn Right Shuffle forward R.L.R. [6:00]

S2. LEFT HEEL BALL STEP, ROCK, RECOVER, ½ TURN LEFT SHUFFLE FORWARD

1&2 Touch Left heel forward, Step Left next to Right, Step Right forward.

3&4 Touch Left heel forward, Step Left next to Right, Step Right forward.

5-6 Rock forward on Left, Recover on Right,

7&8 ½ turn Left Shuffle forward L.R.L. [12:00]

S3. HIP BUMPS TRAVELLING FORWARD R,L,R, HIP BUMPS with Shimmies

1&2 Step Right toe forward and Hip bump to Right,Left. Right & Step on Right.

3&4 Step Left toe forward and Hip bump Left,Right,left & step on Left. [slight knee dip]

5&6 Step Right toe forward and Hip bump to Right,Left. Right & Step on Right.

7&8 Step Left toe forward and Hip bump Left,Right,left & step on Left. [Slight knee dip]

Note: On steps - 3&4 and 7&8 slight knee dip as you step forward.

S4. SIDE ROCK, RECOVER, RIGHT SAILOR STEPS, SIDE ROCK, RECOVER, LEFT SAILOR STEP ¼ TURN LEFT

1-2 Rock Right, Recover on Left.

3&4 Step Right behind Left, Recover on Left, Step Right out to Right side.

4-6 Rock Left, Recover on Right.

7&8 ¼ turn Left, Step Left behind Right, Recover on to Right, Step Left out to Left side [9:00]

S5.. PADDLE TURNS LEFT & RIGHT

- 1&** Point Right toe forward turn 1/8 left, [Weight on Left as you paddle turn]
- 2&** Point Right toe forward turn 1/8 left,
- 3&** Point Right toe forward turn 1/8 left,
- 4** Step down on Right slightly forward. [3:00]
- 5&** Point Left toe forward turn 1/8 Right, [weight on Right as you paddle turn]
- 6&** Point Left toe forward turn 1/8 Right,
- 7&** Point Left toe forward turn 1/8 Right,

8 1/8 turn Right Step down on Left. [9:00]

S6. SYNCOPATED 2 x ¼ MONTEREY TURNS RIGHT, ROCK, RECOVER, LEFT COASTER STEP

- 1&2** Touch Right toe to Right side, Step on Right turn ¼ Right, Touch Left Toe to Left side. [12:00]
- &3** Step Left next to Right, Touch Right toe to Right side.
- &4** Step on Right turn ¼ Right, Touch Left toe to left side. [3:00]
- 5-6** Rock forward on Left, Recover on to Right,
- 7&8** Step back on Left, Step Right next to Left, Step Left forward.

Restart..... Have Fun In Life & In Dance

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