

# Frostbite In My Heart

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**Count:** 64

**Wall:** 2

**Level:** Improver

**Choreographer:** Marie Sørensen (Sunshine Cowgirl) - Dk - Jan 2013

**Music:** "Frostbite" by Michael Learns To Rock. Album: Take Me To Your Heart

## Intro: 32 Counts

### CROSS, BACK, CHASSE, CROSS, BACK, CHASSE ¼ TURN

- 1-2 Cross left over right, step back on right
- 3&4 Step left to left side, step right beside left, step left to left side
- 5-6 Cross right over left, step back on left
- 7&8 Step right to right side, step left beside right, ¼ turn right, step fwd. right (03:00)

### ROCKIN` CHAIR, FULL TURN, STEP FWD. HOLD

- 1-2 Rock fwd. left, recover
- 3-4 Back rock left, recover
- 5-6½ turn right, step back on left, ½ turn right, step fwd. on right
- 7-8 Step fwd. on left, hold (03:00)

### SIDE, ROCK, CROSS, SIDE, ROCK, CROSS, SWAY, SWAY

- 1-2 Rock right to right side, recover
- 3-4 Cross right over left, rock left to left side
- 5-6 Recover, cross left over right
- 7-8 Step right to right side, sway right, left (03:00)

### CROSS, BACK, ¼ TURN, CROSS, BACK ¼ TURN, SWAY, SWAY

- 1-2 Cross right over left, step back on left
- 3-4¼ turn right, step right to right side, cross left over right (06:00)
- 5-6 Step back on right, ¼ turn left, step left to left side
- 7-8 Step right to right side, sway right, left (03:00)

### CHASSE, ROCK, RECOVER, ½ TURN SHUFFLE, ROCK, RECOVER

- 1&2 Step right to right side, step left beside right, step right to right side

3-4 Back rock left, recover

**5&6¼ turn right, step left to left side, step right beside left, ¼ turn right, step back on left**

7-8 Rock back on right, recover (09:00)

**STEP, HOLD, BALL CHANGE, STEP, BRUSH, BRUSH, BRUSH, STEP, BRUSH & KICK**

1-2 Step fwd. right, hold

&3-4 Step left beside right, step fwd. right, brush left fwd.

5-6 Brush left back and in front of right, brush left fwd.

7-8 Step fwd. left, brush right fwd. and kick (09:00)

**SYNCOATED JAZZ BOX, CROSS, CROSS, SIDE, TOUCH, SIDE, TOUCH**

1-2 Cross right over left, step back on left

&3-4 Step right to right side, cross left over right, cross right over left

5-6 Step left to left side, touch right beside left

7-8 Step right to right side, touch left beside right (09:00)

**CHASSE ¼ TURN, ROCK, RECOVER, SHUFFLE, STEP ½ TURN**

1&2 Step left to left side, step right beside left, ¼ turn right, step back on left (12:00)

3-4 Back rock right, recover

5&6 Step fwd. right, step left beside right, step fwd. right

7-8 Step fwd. left, ½ turn right (weight on right) (06:00)

**TAG: During wall 3 - Facing 12:00 - 16 counts tag**

**CROSS, BACK, CHASSE, CROSS, BACK, CHASSE**

1-2 Cross left over right, step back on right

3&4 Step left to left side, step right beside left, step left to left side

5-6 Cross right over left, step back on left

7&8 Step right to right side, step left beside right, step right to right side (12:00)

**JAZZ BOX, BRUSH, JAZZ BOX, BRUSH**

1-2 Cross left over right, step back on right

3-4 Step left to left side, brush right fwd.

5-6 Cross right over left, step back on left

**7-8** Step right to right side, brush left fwd.(12:00)

**Have Fun!**

**Contact: [www.sunshine-cowgirl-linedance.dk](http://www.sunshine-cowgirl-linedance.dk) - [sunshinecowgirl1960@gmail.com](mailto:sunshinecowgirl1960@gmail.com)**

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