



FREEZE & SHAKE

Choreographed by: **Wanda Heldt** - Perth WA – Jan 2010

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

Description : 4 Wall – 48 count - Easy Intermediate Line dance – Start on Main vocals

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1. 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]

2. 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]

3. HIP BUMPS TRAVELING 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.

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.

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

4. SIDE ROCK, RECOVER, RIGHT SAILORS 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]

5. PADDLES 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]

6. SYNCOPED 2 x ¼ MONTERY 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

