

## Frostbite

64 Count, 4 Wall, Intermediate

Choreographer: Robert Lindsay (UK) April 2013

Choreographed to: Frostbite by Michael Learns To Rock

Album: Michael Learns To Rock

**1-8 Vine 2, ¼ Turn Step, Scuff, ¼ Turn Step Touch x2.**

- 1-2 Step right to right. Step left behind right
- 3-4 Turning ¼ turn right, step forward on right. Scuff left foot forward.
- 5-6 Turning ¼ turn right, step left to left side. Touch right beside left.
- 7-8 Turning ¼ turn right, step forward onto right. Touch left beside right.

**9-16 Chasse Left, Rock Back, Step, Twist, Twist, Hook.**

- 1&2 Step left to left. Step right beside left. Step left to left.
- 3-4 Rock back onto right. Recover weight onto left.
- 5-7 Step right foot forward. Bending knees twist heels 1/8 turn right. Twist heels 1/8 turn left.
- 8 With weight held on the left, hook right foot in front of left.

**Restart here during Wall 3****17-24 Side, Together, Shuffle Forward, Side Together, Shuffle Back.**

- 1-2 Step right to right. Step left beside right
- 3&4 Step forward on right. Step left beside right. Step forward on right.
- 5-6 Step left to left. Step right beside left.
- 7&8 Step back onto left. Step right beside left. Step back onto left.

**25-32 Rock Back, ½ Turn Step Touch x2, & Out & In.**

- 1-2 Rock back onto right. Recover weight onto left.
- 3-4 Turning ½ turn left, step back onto right foot. Touch left to right.
- 5-6 Turning ½ turn left, step forward onto left foot. Touch right to left.
- &7&8 Step right out to right. Step left out to left. Step right foot in again. Step left beside right.

**33-40 Chasse Right, Rock, Recover, Chasse Left, Rock, Recover.**

- 1&2 Step right to right side. Step left beside right. Step right to right side.
- 3-4 Rock back onto left. Recover weight onto right.
- 5&6 Step left to left side. Step right beside left. Step left to left side.
- 7-8 Rock back onto right. Recover weight onto left.

**Restart here during Wall 6****41-48 Monterey ½ Turn, Kick & Point x2**

- 1-2 Touch right toe out to right side. Turning ½ turn right bring feet together with weight on right.
- 3-4 Touch left out to left side. Touch left to right.
- 5&6 Kick left foot forward. Step left beside right. Touch right out to right side.
- 7&8 Kick right foot forward. Step right beside left. Touch left out to left side.

**49-56 ¼ Sailor, Pivot ½ Turn, Step Forward, Heel Splits, Hook.**

- 1&2 Turning ¼ turn left, step left behind right. Step right beside left. Step left beside right.
- 3-4 Step forward on right. Pivot ½ turn left.
- 5-6 Step forward on right. Turn both heels out.
- 7-8 Turn both heels back in place. Hook right foot in front of left.

**57-64 Shuffle Forward, Forward Rock, Recover, Left Coaster Step, Step ¼ Pivot Turn.**

- 1&2 Step forward on right. Step left beside right. Step forward on right.
- 3-4 Rock forward on left. Recover weight onto right.
- 5&6 Step back onto left. Step right beside left. Step forward on left.
- 7-8 Step forward on right. Pivot ¼ turn left.

**Restarts on wall 3 and 6**

