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Ice Breaking (In The Heat Of The Night)

Phrased, 2 Wall, Int/Adv

Choreographer: Jennifer Choo & Wendee Chen
(Oct 2009)

Choreographed to: ????? by Anita Mui (???) ;
In The Heat of The Night by Sandra

Intro: 2x8 (6x8 using the English version)

Sequence (Chinese): A- A-AB AB A- A- A B-B+ A;

(English): AB AB A- A- A- A B+ A (just follow the music!)

Part A (84 counts)

R KICK BALL POINT, SHOULDER JERKS X4, POINT AND POINT

- 1&2 Kick RF forward, Step RF in place, Point LF to left
3-6 Jerk shoulders forward, Jerk shoulders back, Jerk shoulders forward, Jerk shoulders back
&7&8 Close LF to RF, Point RF to right, Close RF to LF, Point LF to left

L KICK BALL POINT, SHOULDER JERKS X4, POINT AND POINT

- 1&2 Kick LF forward, Step LF in place, Point RF to right
3-6 Jerk shoulders forward, Jerk shoulders back, Jerk shoulders forward, Jerk shoulders back
&7&8 Close RF to LF, Point LF to left, Close LF to RF, Point RF to right

WALK WALK, OUT OUT IN CROSS, ROCKING CHAIR

- 1-2 RF Walk forward, LF walk forward
&3&4 Step RF out, Step LF out, Step RF in, Cross LF in front of RF
5-8 Rock RF forward, Replace LF, Rock RF back, Replace on LF

TOE STRUTS WITH 1/2 TURN RIGHT

- 1-4 1/8 turn R stepping R toe forward, R heel down, 1/8 turn R stepping L toe forward, L heel down
5-8 Repeat 1-4 until you face the back wall. (6:00) [A- until here]

SYNCOATED VINE RIGHT, 1/4 TURN R, CLOSE

- 1-2&3 Step RF to R, Step LF behind RF, Step RF to R, Cross LF in front of RF
4-5&6 Step RF to R, Step LF behind RF, Step RF to R, Cross LF in front of RF
7-8 1/4 turn R Step RF forward, Step LF next to RF (9:00)

FREESTYLE BODY ROLL, FEET SWITCHES

- 1-4 Freestyle body roll (can do Sexy Body Roll for 4 counts) with weight ending on LF
5&6& Hitch R knee, Close RF next to LF, 1/4 turn left Put L heel forward, Close LF next to RF (6:00)
7&8 Touch R toe next to LF, Close RF next to LF, Point LF to left side

SYNCOATED VINE LEFT, 1/4 TURN L, CLOSE

- 1-2&3 Step LF to L, Step RF behind LF, Step LF to L, Cross RF in front of LF
4-5&6 Step LF to L, Step RF behind LF, Step LF to L,

FREESTYLE BODY ROLL, FEET SWITCHES

- 1-4 Freestyle body roll (can do Sexy Body Roll for 4 counts) with weight ending on LF
5&6& Hitch R knee, Close RF next to LF, 1/4 turn right put L heel forward, Close LF next to RF (6:00)
7&8 Touch R toe next to LF, Close RF next to LF, Point LF to left side

POINT, POSE, HOLD, 1/2 MONTEREY TURN R, POSE HOLD

- &1 Close LF to RF, Point RF to right (crossing both fists at wrists above head)
2-4 Hold the pose for 3 counts
&5 1/2 turn right Step RF next to LF, Point LF to left (drop both arms, palms open front) (12:00)
6-8 Hold the pose for 3 counts

POINT, POSE, HOLD, POINT, CROSS, SWING ARMS, UNWIND

- &1 Close LF next to R, Point RF to right (Place L palm on back of neck and R arm pointing forward)
2-4 Hold for 3 counts
&5 Close RF next to LF, Point LF to L, (Bring both arms to next to R side)
6 Cross LF over RF (Swing L arm around over head to L side)
7 Hold and Prep to full turn (Swing R arm around over head to L side)
8 Unwind full right turn (sharp)

R ARM UP, HOLD

- 1-4 Bring R arm straight up and look up, hold for 3 counts
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Part B (60 counts) - Chorus

POINT, 1/4 LEFT COASTER POINT AND POINT, 1/2 TURN FLICK, STEP, FORWARD SHUFFLE

- 1-2& Point LF to left, 1/4 turn left step back on LF, step RF next to LF (9:00)
3&4 Point LF forward, step LF next to RF, Point RF forward
5-6 1/2 turn left on ball on LF and flick RF behind, Step RF forward (3:00)
7&8 Step LF forward, Step ball of RF next to LF, Step LF forward

1/4 CROSS POINT, DRAG, CROSS, 1/4 LEFT BACK, BACK, BACK ROCK, REPLACE

- &1 1/4 turn right crossing RF over LF, point LF to left and bend R knee (6:00)
2-4 Drag LF towards RF on counts 2-3 and straighten R knee, cross LF over RF
5-8 1/4 turn left stepping back on RF, step LF back, rock RF back, replace on LF (3:00)

(HEADACHE STEP!!) LEFT 1/2 TURN PADDLES, STEP, RIGHT 1/2 TURN PADDLES, STEP

- 1-4 Paddle 1/2 turn left with RF 3 times, step RF forward on count 4 (9:00)
Options: L palm next to forehead, R arm stretched out on right side
5-8 Paddle 1/2 turn right with LF 3 times, step LF forward on count 8 (3:00)
Options: R palm next to forehead, L arm stretched out on left side

1/2 HINGE TURN LEFT, BACK, R COASTER, BIG STEP FORWARD, TOUCH, KNEE POPS, 1/4 TURN LEFT

- 1-2 3&4 1/2 turn left stepping back on RF, step LF back, R coaster step (9:00)
5-6 LF big step forward, touch RF next to LF
7-8 Pop L knee forward shifting weight to RF,
1/4 turn left popping R knee forward shifting weight back to LF (6:00)

BACK, SIDE, FORWARD, HITCH, FORWARD, SIDE, BACK, HITCH

- 1-3 Step RF diagonal back (facing 4:30), Step LF to left side (square to 3:00)
3-4 Step RF diagonal forward (facing 1:30), hitch L knee
5-6 Step LF forward (still facing 1:30), Step RF to right side (square to 12:00)
7-8 Step LF diagonal back (facing 10:30), hitch R knee

BACK, SIDE, FORWARD, HITCH, FORWARD, SIDE, BACK, HITCH

- 1-2 Step back on RF (still facing 10:30), Step LF to left side (square to 9:00)
3-4 Step RF diagonal forward (facing 7:30), hitch L knee
5-6 Step LF forward (still facing 7:30), Step RF to right side (square to 6:00)
7-8 Step LF diagonal back (facing 4:30), hitch R knee
[B- until here, square back to 6:00 step RF next to LF on count & and point L on count 1 of B+]

PENGUIN BOX, HITCH RONDE, ANITA LUNGE, HOLD

- 1 Step back on RF (square to 3:00) pushing R shoulder down
2 1/4 turn left stepping LF to left side pushing L shoulder down (12:00)
3 1/4 turn left stepping RF to right side pushing R shoulder down (9:00)
4 1/4 turn left stepping LF to left side pushing L shoulder down (6:00)
&5-6 Bring RF next to LF, lift R knee and open out stepping down (feet apart) on count 6
7-8 Lunge to R by bending R knee with L leg stretched to L, Hold

HIP BUMPS SHIFTING WEIGHT TO LF, HITCH RF

- 1-4 4x Hip bumps to left and gradually shifting weight to LF (pop your shoulders up and down)
and hitch R knee on the last count
(in B+, do a total of 8x hip bumps to left + hitch)

Enjoy!! In memory of the late Anita Mui, the "Madonna of Asia".

Note: The Cantonese song version is very long, so feel free to trim it. You can omit both A's at the front and start dancing at the vocals (A) or fade off the music before it connects to B+!