

## On Ice

Phrased, 2 Wall, Improver, Hip Hop  
Choreographer: Lawrence Allen (USA) Oct 2010  
Choreographed to: Frozen by Tami Chynn  
featuring Akon

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Sequence: AB, AB, AB, A to end  
Start on lyrics "another day, another way"

### PART A

#### **TOUCH, STEP, TOUCH, ¼ LEFT HITCH TURN, BACK LEFT, RIGHT, LEFT COASTER CROSS**

- 1-2 Touch right toes out to right side, bring right in beside left  
3-4 Touch left to side, turn ¼ left hitching left knee up keeping weight right back (9:00 wall)  
5-6 Step left back, step right back  
7&8 Step left back, step right together, cross left over right

#### **POINT, CROSS, LEFT ROCK-RECOVER-CROSS, SIDE, BEHIND, HOLD, BALL CROSS**

- 1-2 Touch right to side, cross right over left  
3&4 Rock left to side, recover to right, cross left over right  
5-6 Step right to side, cross left behind right  
7&8 Hold count 7, step right to side, cross left over right

#### **TOUCH, ¼ RIGHT TURN, RIGHT KICK BALL TOUCH, BEHIND, TOUCH, ¼ RIGHT TURN SAILOR**

- 1-2 Touch right to side, turn ¼ right keeping weight left back while dragging right back by left (12:00 wall)  
3&4 Kick right forward, step right together, touch left to side  
5-6 Cross left behind right, touch right to side  
7&8 Cross right behind left, turn ¼ right turn stepping left to side, step right together (3:00 wall)

#### **WALK LEFT, RIGHT, LEFT SHUFFLE FORWARD, RIGHT ROCK, RECOVER, ¼ RIGHT TURN, CROSS**

- 1-2 Step left forward, step right forward  
3&4 Chassé forward left, right, left  
5-6 Rock right forward, recover to left  
7-8 Turn ¼ right and step right to side (6:00 wall), cross left over right

### PART B

#### **RIGHT ROCK-RECOVER-CROSS, LEFT ROCK-RECOVER-CROSS, SWAY HIPS RIGHT, LEFT, RIGHT, LEFT**

- 1&2 Rock right to side, recover to left, cross right over left  
3&4 Rock left to side, recover to right, cross left over right  
5-6-7-8 Sway hips right, left, right, left

#### **RIGHT ROCK-RECOVER-CROSS, LEFT ROCK-RECOVER-CROSS, SWAY HIPS RIGHT, LEFT, RIGHT, LEFT**

- 1&2 Rock right to side, recover to left, cross right over left  
3&4 Rock left to side, recover to right, cross left over right  
5-6-7-8 Sway hips right, left, right, left