

# FIRE AND ICE

Choreographed by **Dan Albro** and **Genna Cookson**

The Mishnock Barn, 200 Mishnock Rd., West Greenwich, RI 02817

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Description: 48-count, couples circle dance, intermediate: Begin in open double hand hold, man facing wall, lady facing center

Music: any slow to medium WCS

Steam, Ty Herndon, 104 BPM, CDX 220, CD single, CD: Steam

## 1-6 WEST COAST SUGAR PUSH

1-2 Step back L, 1/2 step back R Step fwd on R, 1/2 step fwd L

3-4 Touch L toe in place, step fwd L Touch R toe in place, step back R

5&6 Triple in place R,L,R (anchor) Triple in place L,R,L (coaster)

## 7-12 2 STEPS, 2 SHUFFLES INTO SIDE BY SIDE POSITION

1-3&4 Step back L,R, Shuffle in place L,R,L Step fwd R,L, Start 3/4 turn left triple R,L,R

5&6 Triple step R,L,R turning 1/4 left Finish 3/4 turn triple L,R,L

On 1,2, Man preps ladies turn moving hands R, L. On 3&4, hands go over ladies head, change hands.

On 5&6, hands come down to side by side position.

## 13-20 KICK & TOUCH, KICK & TOUCH, KICK & STEP, HIP BUMPS

1&2 Kick L fwd, step L next to R, touch R to side (behind lady) Kick R fwd, step R next to L, touch L to side (in front of man)

3&4 Kick R fwd, step R next to L, touch L to side Kick L fwd, step L next to R, touch R to side

5&6 Kick L fwd, step L next to R, step fwd on R (weight on R) Kick R fwd, step R next to L, step fwd on L (weight on L)

7,8 BOTH: Bump hips with partner twice (finish w/ weight on inside foot)

## 21-26 3 SHUFFLES FWD LINE OF DANCE

1-6 Shuffle fwd L,R,L - R,L,R - L,R,L Shuffle fwd R,L,R - L,R,L - R,L,R

## 27-32 SIDE TOGETHER, SIDE TOGETHER, SIDE TOUCH -CHANGE SIDES

1-4 Step side R, step together L, Step side R, step together L Step side L, step together R, Step side L, step together R

5,6 Step side R, touch L next to R Step side L, touch R next to L

Ladies goes in front of man, lower L hand & hooking it behind her back on 1-4.

On 5,6 man releases L hand & slides it down ladies R arm to complete hand change.

## 33-40 4 STEPS TURNING LADY 1 3/4 RIGHT INTO OPEN PROMENADE, 2 SHUFFLES FWD

1-4 Step back L, step R next to L Step L next to R, Step R fwd 1 3/4 turn right step R, L, R, L (crossing in front of man to change sides)

5-8 2 Shuffles fwd, L,R,L - R,L,R 2 shuffles fwd R,L,R - L,R,L

Man brings his L hand/ladies R towards his chest on 1, over the ladies head on 2,3;

finishing in open promenade on 4. Lady finishes turn placing L hand on mans R shoulder.

## 41-48 SWIVEL WALKS FWD, UNDER ARM TURN INTO STARTING POSITION

1-4 Walk fwd L,R,L,R Walk fwd R,L,R,L

(Face partner, face fwd, face partner, face fwd.) (Face partner, face fwd, face partner, face fwd.)

5&6 Shuffle in place L,R,L 3/4 turn while shuffling in place R,L,R

7&8 Shuffle in place R,L,R Coaster in place L,R,L

Man sends lady under his L arm on 5&6, end facing each other, two hand hold and begin

BEGIN AGAIN...