



COUNTRY PLUS

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Specializing in
Line Dancing &
Couples Flow Dancing
To All Types of Music

- Weekly Classes
- Weekly Dances
- Beginner Lessons
- Intermediate Lessons
- Partner Lessons
- D.J. Service

Fire & Ice

Choreographed by Dan Albro & Genna Cookson

Description: 48 count, intermediate partner/circle dance

Music: Steam by Ty Herndon [104 bpm / CD: CDX220 / Country Vol. 4 / Available on iTunes]
Any Slow To Medium Swing

Position: Men facing outside dance floor, ladies facing their partner. Two hand hold
Start dancing on lyrics

WEST COAST SUGAR PUSH

- 1-2 MAN: Step back on left, ¼ step back on right
LADY: Step forward on right, ¼ step forward left
3-4 MAN: Touch left toe in place, step left forward
LADY: Touch right toe in place, step right back
5&6 MAN: Triple in place right, left, right (anchor)
LADY: Triple in place left, right, left (coaster)

2 STEPS, 2 SHUFFLES INTO SIDE BY SIDE POSITION

- 1-2-3&4 MAN: Step back left, right, triple in place left, right, left
LADY: Step forward right, left, start ¼ turn left triple right, left, right
5&6 MAN: Triple step right, left, right turning ¼ turn left
LADY: Finish ¼ turn triple left, right, left

Man preps lady's turn moving hands right, left on 1,2. On 3&4, hands go over the lady's head to change hands. On 5&6, hands come down in side by side position. Right hands at lady's right shoulder, left hands joined in front.

KICK & TOUCH, KICK & TOUCH, KICK & STEP, HIP BUMPS

- 1& MAN: Kick left forward, step left together
LADY: Kick right forward, step right together
2 MAN: Touch right to side (behind lady)
LADY: Touch left to side (in front of man)
3& MAN: Kick right forward, step right together
LADY: Kick left forward, step left together
4 MAN: Touch left to side
LADY: Touch right to side
5& MAN: Kick left forward, step left together
LADY: Kick right forward, step right together
6 MAN: Step forward on right (weight on right)
LADY: Step forward on left (weight on left)
7-8 BOTH: Bump hips with partner twice (finish with weight on inside foot)

THREE SHUFFLES FORWARD LINE OF DANCE

- 1&2-3&4- MAN: Shuffle forward left, right, left-right, left, right-left, right,
5&6 left
LADY: Shuffle forward right, left, right-left, right, left-right, left,
right

SIDE TOGETHER, SIDE TOGETHER, SIDE TOUCH -CHANGING SIDES

- 1-2 MAN: Step side right, step together left,
LADY: Step side left, step together right
3-4 MAN: Step side right, step together left,
LADY: Step side left, step together right,
5-6 MAN: Step side right, touch left together
LADY: Step side left, touch right together

Lady goes in front of man, lower left hand and hooking it behind her back on 1,2,3,4. On 5,6 man releases left hand and slides it down lady's right arm to complete hand change

4 STEPS TURNING LADY 1 ¼ RIGHT INTO OPEN PROMENADE, 2 SHUFFLES FORWARD

- 1-2 MAN: Step back left, step right together
LADY: 1 ¼ Turn right crossing in front of man to chg sides
3-4 MAN: Step left next to right, step right forward
LADY: Step right, left, right, left
5&6-7&8 MAN: 2 Shuffles forward, left, right, left-right, left, right
LADY: 2 Shuffles forward right, left, right-left, right, left

Man brings his left hand (lady's right) towards his chest on 1, over the lady's head on 2, 3; finishing in open promenade on 4. Lady finishes turn placing left hand on man's right shoulder

WIGGLE WALK FORWARD, UNDER ARM TURN INTO STARTING POSITION

- 1 MAN: Step forward left (hips toward lady)
LADY: Step forward right (hips towards man)
2 MAN: Step forward right (hips toward LOD)
LADY: Step forward left (hips towards LOD)
3 MAN: Step forward left (hips toward lady)
LADY: Step forward right (hips towards man)
4 MAN: Step forward right (hips toward LOD)
LADY: Step forward left (hips towards LOD)
5&6 MAN: Send lady under raised left arm while shuffling in place left,
right, left
LADY: ¼ Turn right under man's left arm while shuffling in place right,
left, right
7&8 MAN: Shuffle in place right, left, right
LADY: Coaster step in place left, right, left

REPEAT