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1-8

Break The Ice

32 count, 4 wall, improver level Choreographer: Sebastiaan Holtland & Ramona Pennings (NL) Nov 2007

Choreographed to: Break The Ice (It's Been A While)

by Britney Spears, Album: Blackout

Intro: 16 count after the words (it's been a while)

1-2 3-4	Step Rf out to the right, step Lf out to the left (12:00) Lift both heels up, and put both heels down, weight onto both feet
5&6	Step Rf behind Lf, step Lf to the left, step Rf across Lf, weight onto both feet
7-8	Rf+Lf make a full turn left, take weight onto Lf (12:00)
9-16	1/4 TURN, OUT, OUT, 2X HEEL BOUNGE, SAILOR CROSS, FULL TURN
&1-2	1/4 turn left, step Rf out to the right, step Lf out to left (9:00)
3-4	Lift both heels up, and put both heels down, weight onto both feet
5&6	Step Rf behind Lf, step Lf to the left, step Rf across Lf, weight onto both feet
7-8	Rf+Lf make a full turn left, take weight onto Lf (9:00)
Restart comes here At the 4th wall you get a restart in the music after the count 9-16.	

OUT, OUT, 2 X HEEL BOUNCE, SAILOR CROSS, FULL TURN

17- 24 STEP FWD, & HITCH, STEP 1/4 TURN, TOGETHER, & IN, UP & HITCH, CROSS & STEP

- Step Rf forward, hook Lf behind Rf, hitch R knee on count 2 holding weight onto Lf (9:00)
 4 turn right on left, step Rf to the right, Lf step next to Rf weight onto both feet (12:00)
- &5-6 Rf+Lf turning both heels out, Lf turning heel in to center, and make hitch diagonal with R knee, holding weight onto Lf
- 7&8 Step Rf back in center, step Lf across Rf, step Rf to the right, take weight onto both feet (12:00)

25-32 1/4 TURN, WALK WALK FWD, HITCH, BIG STEP BACK, HEEL DRAG, BACK, STEP 1/2 TURN, 2X SIDE SCOOT

- 1-2 Rf+Lf turning on both feet 1/4 left, take weight onto Lf (9:00)
- 3-4 Step Rf forward, step Lf forward, weight onto Lf
- 5-6 Rf make a big step back and drag L heel from front to back, step Lf diagonal back (10:30)
- 7&8 Step Rf to the right with 1/2 turn right, Lf step next Rf and make 2 scoots to the right, take weight onto Lf (3:00)

When you start on wall 8, you have a 4 count break: When she says "I LikeThis Part" Option: Then you can make a pose if you want in a small flex standing holding position.

Music download available from iTunes: Napster: eMusic: Wippit

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