

Frozen In Time

32 counts, 2 walls, 2 tags, Intermediate/Advance level.

Choreographer: Klara Wallman (Swe) (June 2018)

Music: You Said You'd Grow Old With Me by Michael Schulte (3.45 min)

Start on vocals, 16 counts intro.

Turn $\frac{1}{4}$, Back, Touch, Turn $\frac{1}{2}$, Back, Back, Lunge, Turn $\frac{1}{4}$, Step turn $\frac{1}{2}$, Turn $\frac{1}{2}$, Turn $\frac{1}{2}$.

1-2& Turn $\frac{1}{4}$ R Step R forward, as you bring your R palm in front of your face (as if you are turning your body and head with your hand) (1), Step L back (2), Touch R toe back (&). (3.00).

3-4& Turn $\frac{1}{2}$ R w. the weight still on L, as you raise both hands towards the sky (3), Step R back (4), Step L back (&). (9.00).

5-6 Step R to R as you lunge onto R (5), Recover onto L as you turn a $\frac{1}{4}$ L. (6.00).

&7 Step R forward (&), Pivot $\frac{1}{2}$ L, slightly bend you L knee, reach you R arm forward and close your fist as if you are grabbing for something. (7). (12.00).

8& Turn $\frac{1}{2}$ R step R forward (8), Turn $\frac{1}{2}$ R step L back (&). (12.00).

Turn $\frac{1}{4}$ into Basic NC, Spiral turn $\frac{5}{8}$, Rock w. sweep, Sweep, Behind, Turn $\frac{1}{8}$, Turn $\frac{1}{2}$, Turn $\frac{1}{2}$.

1-2& Turn $\frac{1}{4}$ R by taking a big step with R to R side (1), Step L next to R (2), Cross R over L (&). (3.00).

3-4 Step L to L side as you make $\frac{5}{8}$ spiral turn over R shoulder (3), Step R forward (4). (10.30).

&5-6 Rock L forward onto the diagonal (&), Recover onto R as you sweep L from front to back (5), Step down on L as you sweep R from front to back (6).

7&8& Step R behind L (7), Turn $\frac{1}{8}$ L step L forward (&), Turn $\frac{1}{2}$ L step R back (8) Turn $\frac{1}{2}$ step L forward (&). (9.00).

Turn $\frac{1}{8}$, Back, Back, Sway, Turn $\frac{3}{4}$, Forward, Turn $\frac{1}{4}$, Turn $\frac{1}{4}$, Turn $\frac{1}{2}$ w. sweep, Behind, Side.

1-2& Turn $\frac{1}{8}$ L step R to side (1), Step L back (2), Step R back (&). (7.30).

3-4-5 Turn $\frac{1}{8}$ L step L to L side as you sway to L (3), (6.00). Turn $\frac{3}{4}$ R on R as you hitch L knee up (4), Step L forward (5). (3.00).

6&7 Turn $\frac{1}{4}$ L step R back, (6), Turn $\frac{1}{4}$ L step L forward (&), Turn $\frac{1}{2}$ L step R back as you sweep L from front to back (7). (3.00).

8& Step L behind R (8), Step R to R side (&).

Rockstep, Back, Touch, Fullturn, Forward, Rockstep w. $\frac{1}{4}$ turn, Cross, Side, Behind.

1-2& Rock L over R (1), Recover onto R (2), Step L back slightly on the diagonal (&).

3-4-5 Touch R toe back and reach your R hand forward (palm facing up) (3), Make a full turn R w. the weight still on L as you place you R hand on your heart (4), Step R forward (and drop your hand) (5). (3.00).

6-7 Turn $\frac{1}{4}$ R as you rock L to L side (6), Recover onto R (7). (6.00).

&8& Cross L over R (&), Step R to R side (8), Step L behind R (&).

Start again!

Tag 1 (10 counts): Happens after wall 2 (facing 12.00).

Turn ¼, Back, NC basic x2, Side, Behind, ¼, Step turn ½, Forward.

1-2 The first two steps of the tag are the two first steps of the original dance (Turn ¼ R Step R forward, as you bring your R palm in front of your face (as if you are turning your body and head with your hand) (1), Step L back (2). (3.00).

3-4& Take a big step w. R to R side (3), Step L next to R (4), Cross R over L (&).

5-6& Take a big step w. L to L side (5), Step R next to L (6), Cross L over R (&).

7&8 Step R to R side (7), Step L behind R (&), Turn ¼ R step R forward (8). (6.00).

&9-10 Step L forward (&), Pivot ½ R (9), Step L (10) (12.00).

Tag 2 (18 counts): Happens after wall 4 (facing 12.00)

1-10 The first 10 counts are the same as in Tag 1

Step, NC basic x2, Side, Behind, Turn ¼, Step turn ¾, Touch.

&11-12& Step R forward (&), Take a big step w. L to L side (11), Step R next to L (12), Cross L over R (&).

13-14& Take a big step w. R to R side (13), Step L next to R (14), Cross R over L (&).

15&16 Step L to L side (15), Step R behind L (&), Turn ¼ L step L forward (16). (9.00).

&17-18 Step R forward (&), Pivot ¾ L (17), Touch R next to L (18). (12.00).

Enjoy!

This dance is dedicated to my friend Monica Nilsson <3