

# ICE CREAM

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**MUSIC:** Ice Cream by Sarah McLachlan (Closer – The Best of Sarah McLachlan 2:44 in length)  
**RHYTHM:** Viennese Waltz **TIME @ BPM:**  
**PHASE (+):** Unphased, treat as a Phase III or IV  
**FOOTWORK:** Opposite unless indicated [*W: Woman's foot in italics*]  
**SEQUENCE:** **Introduction A B Bridge A B Bridge Ending**  
**NOTES:** There are multiple versions of the music on Itunes. Be sure to get one that is 2:44 in length, not shorter or the intro and ending won't match.

## Introduction

### 1 – 8 Wait Pickup Notes.... Side Apart to L Shoulder to Shoulder; Circle Walk L; R; L to face COH; Explode to LOP facing COH; Together and Apart; ; Side Canter Woman Turn, Side, Close to face;

Wait for the pickup notes in OP-FCG no hands joined Man facing WALL both with R foot free.

- 1 **[Side Apart (1)]** Side R moving RLOD [*W: Side R moving LOD*] to end L shoulder to L shoulder Man facing WALL;
- 2 - 4 **[Circle Walk L; R; L; (1 1 1)]** Circling LF 1/2 turn over three steps forward L; R; L to end facing COH;  
[*W: (1 1 1-3) Circling LF 1/2 turn forward L; R; L, - close R to end facing WALL;*]
- 5 **[Explode to LOP facing COH (1)]** Explode apart R to end in LOP facing COH lead hands joined lead feet pointed towards each other;  
[*W: Turning 1/2 LF explode side R towards RLOD to end in LOP facing COH;*]
- 6 – 7 **[Together and Apart (1 1)]** Together L turning to face each other; Apart R to LOP facing COH;
- 8 **[Side Canter Woman Turn, Side, Close to face (1-3)]** Side L, -, close R to end in OP no hands facing COH with L foot free for both;  
[*W: (123) Turning to face LOD forward R, side L to face Partner and Wall, close R to end in OP no hands facing WALL;*]

### 9 - 16 Side Apart to R Shoulder to Shoulder; Circle Walk R; L; R to face WALL; Explode to OP facing WALL; Together and Apart; ; Side Touch Woman Pickup to CP facing DLW;

- 9 **[Side Apart (1)]** Side L moving RLOD [*W: Side L moving LOD*] to end R shoulder to R shoulder Man facing COH;
- 10 – 12 **[Circle Walk R; L; R; (1 1 1)]** Circling RF 1/2 turn over three steps forward R; L; R to end facing WALL;  
[*W: (1 1 1-3) Circling RF 1/2 turn forward R; L; R, - close L to end facing COH;*]
- 13 **[Explode to OP facing WALL (1)]** Explode apart L to end in OP facing WALL trail hands joined trail feet pointed towards each other;  
[*W: Turning 1/2 RF explode side L towards RLOD to end in OP facing WALL;*]
- 14 – 15 **[Together and Apart (1 1)]** Together R turning to face each other; Apart L to OP facing WALL;
- 16 **[Side Touch Woman Turn, Side, Cross to Pickup (1)]** Side R allow Woman to pass in front of you to end in CP facing DLW with lead foot free;  
[*W: (123) Turning to face LOD forward L, side R to face Partner and DRC, close L to end in CP;*]  
**NOTE: Woman may dance a LF Roll 3 to pickup as follows:**  
[*W: Forward L toward LOD and pivot 1/2 LF, back R continue LF pivot 1/2 to face LOD, forward L continue LF pivot 1/2 and preparing to blend to CP;*]

## Part A

### 1 – 8 2 Reverse Turns to face WALL; ; ; Balance L and R; ; Underarm Turn; Side Hesitation;

- 1 – 4 [2 Reverse Turns to face WALL (123)x4] In CP facing DLW forward L down LOD commence LF turn, side R, LXIF now facing DRC; Back R down LOD commence LF turn, side L, close R; Repeat action to end in CP facing WALL; ;
- 5 - 6 [Balance L and R (123)x2] Blending to Butterfly side L, RXiB, recover L; Side R, LXiB, recover R;
- 7 – 8 [Underarm Turn; Side Hesitation (123 1)] Side L raising joined lead hands and releasing trail hands, RXiB allowing Woman to turn under joined lead hands, recover L; Side R, draw L near R to end in Butterfly facing WALL, -;
- [W: Turn 1/4 RF step forward R down LOD, - continue RF turn side R, continue RF turn forward L toward RLOD; Continue RF turn side L to face COH and Partner, draw R near L to end in Butterfly;]*

### 9 - 18 Waltz Away and Together; ; Waltz Away; Thru Twinkle; Cross Swivel Twice; ; Thru Twinkle; Thru, Face, Close to Butterfly; Solo Roll 3; Pickup to CP Facing DLW;

- 9 - 11 [Waltz Away and Together (123)x2] Opening up to OP facing LOD forward L down LOD, turning to face DLC in back to back side R down LOD, close L; Turing to face LOD forward R down LOD, side L turning to face partner and WALL, close R; Repeat Measure 9 from Part A;
- 12 [Thru Twinkle (123)] Turning to OP facing LOD thru R, side L turning to face Partner and WALL, close R joining lead hands;
- 13 - 14 [Cross Swivel Twice (1 1)] Turning to LOP facing RLOD thru L then swivel LF turning to face Partner and WALL; Turning to OP facing LOD thru R then swivel RF turning to face Partner and WALL;
- [W: Turning to LOP facing RLOD thru R then swivel RF turning to face Partner and COH; Turning to OP facing LOD thru L then swivel LF turning to face Partner and COH;]*
- 15 – 16 [Thru Twinkle; Thru, Face, Close to Butterfly (123)x2] Turning to LOP facing RLOD thru L, side L turning to face Partner and WALL, close L; Turning to OP facing LOD thru R, side L turning to face Partner and WALL, close R to end in Butterfly facing WALL;
- 17 - 18 [Solo Roll 3; Pickup to CP facing LOD (123)x2] Turning to OP facing LOD commence LF roll down LOD L, R, L to end in OP facing LOD no hands; Thru R, side L, close R to end in CP facing DLW;
- [W: Turning to OP facing LOD commence RF roll down LOD R, L, R to end in OP facing LOD no hands; Thru L commence LF turn in front of Man, side R turning to face DRC, close L to end in CP;]*

## Part B

### 1 – 8 Reverse Turn to face DLW; ; Attitude; Canter to face DLC; Natural Turn to face DLC; ; Attitude; Canter to face DLW;

- 1 – 2 [Reverse Turn to face LOD (123)x2] Repeat measures 1 and 2 from Part A.
- 3 – 4 [Attitude; Canter (1 12-)] Side and forward L turning body to face LOD and leaving R extended side and back, rise by straightening the legs remaining on flat of L foot, -; Lowering side and forward R, draw L, close L to end in CP facing DLC;
- [W: Side and back R turning to face RLOD, bending L knee at 90 degree angle raise the L foot behind you while holding L knee out to the side as high as you comfortably can, -;]*
- 5 – 6 [Natural Turn to face DLC (123)x2] Forward R donw LOD commence RF turn, side L, close R to end in CP backing DLC; Back L down LOD commence RF turn, side R, close L to end in CP facing DLC;
- 7 – 8 [Attitude; Canter (1 12-)] Side and forward R turning body to face LOD and leaving L extended side and back, rise by straightening the legs remaining on flat of R foot, -; Lowering side and forward L, draw R, close R to end in CP facing DLW;
- [W: Side and back L turning to face RLOD, bending R knee at 90 degree angle raise the R foot behind you while holding R knee out to the side as high as you comfortably can, -;]*

**9 - 16 Reverse Turn 1/2; Cross Body with Inside Turn; ; Side Hesitation; Dip; Recover to Ronde; Behind, Side, Thru; Side, Draw, Touch (Lady Close);**

- 9 [Reverse Turn 1/2 (123)] Repeat Measure 1 from Part A.
- 10 - 12 [Cross Body with Inside Turn;; Side Hesitation (123 123 1)] Back R down LOD commence LF turn, side R, close L to end facing DLW and having release R hand from Woman's back; Forward L toward DLW and starting to cross behind Woman, forward R, forward having curved LF and changed sides with Woman now in LOP facing LOD; Turning to face COH side R, draw L near R to end in LOP-FCG facing COH, -;
- [W: Forward L, forward R, forward L pivot 1/2 LF turning under joined lead hands; Back R continue LF pivot 1/2, forward R down LOD continue LF pivot 1/2, back R continue LF pivot 1/4 to face WALL; Side L down LOD, draw R, -;]*
- 13 [Dip (1)] Blending to CP facing COH dip back L and hold;
- 14 [Recover to Ronde (1)] Recover forward R between Partner's feet staying low in knees then ronde L foot CCW turning to SCP facing RLOD, -, -;
- [W: Recover side and back L staying low in knees then ronde R foot CW turning to SCP facing RLOD, -, -;]*
- 15 - 16 [Behind, Side, Thru; Side, Draw, Touch (123 1)] Back L in Fallaway Position, releasing R hand from Woman's back side R, turning to LOP facing LOD thru L; Turning to face Partner and COH side R, draw L near R, touch L to end in LOP-FCG facing COH both the L free;
- [W: Back R in Fallaway Position, side L, turning to LOP facing LOD thru R; Turning to face Partner and WALL side L, draw R, close R to end in LOP-FCG facing WALL both with L free;]*

**Bridge**

**1 - 8 Side Apart to R Shoulder to Shoulder; Circle Walk R; L; R to face WALL; Explode to OP facing WALL; Together and Apart; ; Side Touch Woman Turn, Side, Cross to Pickup to CP facing DLW;**

- 1 - 8 Repeat the action from Measures 9 - 16 of the Introduction.

**Ending**

**1 - 13 Attitude L; Attitude R; Attitude L; Canter Woman Turn in 3 to Escort facing LOD; Walk 8 R; L; R; L; R; L; R; L; Side R and Caress.**

- 1 Repeat Measure 3 from Part B.
- 2 Repeat Measure 7 from Part B.
- 3 Repeat Measure 3 from Part B.
- 4 [Canter Woman Turn in 3 to Escort facing LOD (1-3)] Side and forward R turning body to face LOD, - close L allowing Woman to turn RF to end in Escort Position facing LOD both with R foot free;
- [W: Back R commence RF turn, side L turning to face LOD, close L to end in Escort;]*
- 5 - 12 [Walk 8 R; L; R; L; R; L; R; L; (1)x8] Forward and slightly righwards R; Forward and slightly leftwards L; Repeat each measure for a total of 8 walks; ; ; ; ;
- 13 [Side R and Caress (1)] Side and slightly forward R and slightly across Woman's L leg and leaving L leg extended side and back then turn slightly towards Partner then with L hand caress appropriately outside of Woman's R hand.
- [W: Turning slightly towards Partner side and slightly back toward DLW leaving L leg extended with your L leg to RLOD of Man's R leg then with your R hand caress appropriately inside of Man's L hand.]*
- NOTE: Woman turns body before stepping. Man steps before turning.**

ICE CREAM - ALISE HALBERT W/ RICHARD E. LAMBERTY - VIENNESE WALTZ UNPHASED (III/IV) - OCT 2011 - SARAH MCLACHLAN - 2:44 - INTRO-AB-BRIDGE-AB-BRIDGE-ENDING

**Intro (16 meas)**

OP-FCG WALL no hands R Ft Free for both Wait for the PU notes ;  
Sd Draw R ; Slow Wheel Half in 3 ; ; Lady Canter Turn ;  
Explode to LOP COH ; Tog & Away ; ; Tog Lady turn to Fc ;  
Side Draw L ; Slow Wheel Half in 3 ; ; Lady Canter Turn ;  
Explode to OP WALL ; Tog & Away ; Tog Lady Roll to PU ;

**Part A (18 meas)**

Rev Turn 2x to Fc WALL ; ; ; ;  
Bal L & R ; ; Underarm Turn ; Side Draw ;  
Waltz Away & Tog ; ; Waltz Away ; Twinkle Thru BFLY ;  
Cross Swivel 2x ; ; Twinkle Thru ; Thru Fc Cl ;  
Solo Roll 3 ; PU DLW ;

**Part B (16 meas)**

Rev Turn ; ; Attitude ; Canter ;  
Natural Turn ; ; Attitude ; Canter ;  
Rev Turn Cross Body Inside Turn ; ; ; Side Draw to CP ;  
Dip ; Rec Ronde ; Behind Sd Thru ; Side Draw Lady Closes (L ft) ;

**Bridge (8 meas)**

Sd Draw L ; Slow Wheel Half in 3 ; ; Lady Canter Turn ;  
Explode to OP WALL ; Tog & Away ; Tog Lady Roll to PU ;

**Part A (18 meas)**

Rev Turn 2x to Fc WALL ; ; ; ;  
Bal L & R ; ; Underarm Turn ; Side Draw ;  
Waltz Away & Tog ; ; Fwd Waltz ; Twinkle Thru BFLY ;  
Cross Swivel 2x ; ; Twinkle Thru ; Thru Fc Cl ;  
Solo Roll 3 ; PU DLW ;

**Part B (16 meas)**

Rev Turn ; ; Attitude ; Canter ;  
Natural Turn ; ; Attitude ; Canter ;  
Rev Turn Cross Body Inside Turn ; ; ; Side Draw to CP ;  
Dip ; Rec Ronde ; Behind Sd Thru ; Side Draw Lady closes (L ft) ;

**Bridge (8 meas)**

Sd Draw L ; Slow Wheel Half in 3 ; ; Lady Canter Turn ;  
Explode to OP WALL ; Tog & Away ; Tog Lady Roll to PU ;

**Ending 13 meas)**

Attitude 3x ; ; ; Lady Roll Out Man Canter to Escort ;  
Walk 8 (Right first) ; ; ; ; ; ; ; Lunge Right and Caress