

# FROSTY QUICKSTEP



**CHOREOGRAPHERS:** Frank & Carol Valenta, PO Box 1076  
Fletcher, NC 28732 (828) 654-9708  
Email: valentafe@earthlink.net

**RECORD:** Capitol S7-57886,  
"Frosty The Snow Man", Beach Boys

**RELEASE DATE:** June, 1998

**PHASE/ RHYTHM:** ROUNDALAB Phase III + 2 Quickstep  
(QUARTER TURNS AND PROGRESSIVE  
CHASSE, HESITATION CHANGE)

**SPEED:** 45 RPM

**FOOTWORK:** Opposite unless indicated,  
Directions given for man, woman's directions in [ ].

**SEQUENCE:** INTRO, A, A, B, A (MOD), INT, A, A, B, A (MOD), END

## INTRODUCTION

### 1-4 (wait) ; (wait) ; APART,-,POINT,-; PICKUP,-,TOUCH,-;

(1-2) in OP fcg DLW wait two measures;; (3 SS) apt L, -,pt R with toe on floor twds prtnr, -; (4 SS) small fwd R[fwd L tng lf if of M], -,tch L to R endg CP/LOD,-;

### 5-8 WALK 2(BJO) ; WHALETAIL ; ; WALK 2 (CP/LOD);

(5 SS) fwd L, -,fwd R outsd L endg CBJO/DLC, -; (6-7 QQQQ QQQQ) xLibR commencing rf tn, small sd R completing ¼ rf tn, fwd L with lft shldr lead, xRbL; sd L commencing lf tn, cl R completing ¼ lf tn, xLbR commencing rf tn,sd R completing ¼ rf tn endg CBJO/DLC; (8 SS) fwd L leading W to CP/LOD, -,fwd R, -;

## PART A & A(MOD)

### 1-4 QUARTER TURN AND PROGRESSIVE CHASSE ; ; ; ;

(1-4 SS QQS SQQ SS) fwd L, -, fwd R tng ¼ rf, -; sd L, cl R tng 1/8 rf, sd & bk DLC L, -; bk R DLC commencing lf tn, -, sd L, cl R; sd & fwd L tng lf, -, fwd R endg CBJO/DLW,-;

### FORWARD, LOCK, FORWARD,-; FORWARD, -, FORWARD, LOCK ; FORWARD,-,

#### MANUEVER,-; PIVOT TWO (CP/LOD) ;

#### {A(MOD) change measure 8 to} SIDE,-,BACK (CP/RLOD), ;

(5 QQS) fwd L, lk R ib L, fwd L, -; (6 SQQ) fwd R,-,fwd L, lk R ib L; (7 SS) fwd L, -,fwd R tng ½ rf endg CP/RLOD, -; (8 SS) commencing rf upper body tn bk L tng ½ rf on ball of foot, -, fwd R between W's feet heel toe cont rf tn endg CP/LOD, -;  
{A(MOD) chg measure 8 to} (8 SS) sd L, -, bk R CP/RLOD, -;

# FROSTY QUICKSTEP (continued)

## PART B

### 1-4 2 PROGRESSIVE SCISSORS ; ; 2 TURNING TWO STEPS ; (BJO/LOD):

(1-2 QQS QQS) sd L, cl R, fwd L outsd W SCAR/DLW, -; sd R, cl L, fwd R outsd W BJO/DLC, -; (3-4 QQS QQS) sd L, cl R, sd L diag across LOD pvt ½ rf, -; sd R, cl L, sd R diag across LOD pvt ½ rf endg CBJO/LOD, -;

### 5-8 FORWARD, LOCK, FORWARD, -; MANUVER, -, SIDE, CLOSE ; PIVOT 4 ; (CP/LOD) :

(5 QQS) repeat Part A, measure 5; (6 SQQ) fwd R tng ½ rf endg CP/RLOD, -, sd L, cl R; (7-8 SS SS) commencing rf upper body tn bk L tng ½ rf on ball of foot, -, fwd R between W's feet heel toe cont ½ rf tn, -; cont rf tn bk L tng ½ rf on ball of foot, -, fwd R between W's feet heel toe cont rf endg CP/LOD, -;

## INTERLUDE

### 1-4 BACK 2 (CP/WALL) & SLOW TWISTY VINE 6 (BJO/LOD) ; ; ; :

(1-4 SS SS SS SS) bk L, -, bk R tng ¼ lf CP/WALL, -; sd & fwd L, -, xif R [*xib\_L*], -; sd & bk L, -, xib R [*xif L*], -; sd & fwd L, -, xif R [*xib\_L*] endg BJO/LOD, -;

### 5-7 FORWARD, LOCK, FORWARD, -; MANUVER, -, SIDE, CLOSE ; HESITATION CHANGE ;

(5 QQS) repeat Part A, measure 5; (6 SQQ) repeat Part B, measure 6; (7 SQQ) bk L tng rf, -, sd R cont tng rf, drw L to R endg CP/DLC;

## END

### 1-4 BACK 2 (CP/WALL) & SLOW TWISTY VINE 6 (BJO/LOD) ; ; ; :

(1-4 SS SS SS SS) repeat INTERLUDE measures 1 to 4; ; ; ;

### 5 CHANGE/POINT,

(5 Q/a) sd L to RSCP/pt R twds RLOD & freeze,