

# ICU

Choreographed by Jamie Marshall and Steve Brain (4/00)

Music: "See Ya" by Atomic Kitten; "Little Less Talk and A Lot More Action" by Toby Keith; Any WCS 2 Wall; 48 Count; Intermediate

## **KICK, KICK, KNEE, KICK BACK, KICK FORWARD, KICK FORWARD, POINT LEFT TO LEFT, PIVOT ¼ TO RIGHT** (*The "Verdonk" Move*)

1&2& Kick R forward (1), Replace (&), Kick L forward (2) Replace (&)  
3&4 Hook R foot behind bent L knee (3), Straighten L with scoot (&), Kick R straight back (4)  
&5&6& Hitch R (&), Kick R forward (5), Replace (&), Kick L forward (6), Replace (&)  
7,8 Point R to R (7), Pivot ¼ R on ball of L touching R next to L (8)

## **STOMP, STOMP, CROSS HANDS, LOOK RIGHT, LEFT, BUMPS HIPS**

9,10 Stomp R forward (9), Stomp L next to R (shoulder length apart) (10)  
11,12 Cross R hand to L side (11), Cross L hand to R side (12)  
13,14 Look R while bumping L (13), Look L while bumping R (14)  
15,16 Roll hips counter-clockwise (15,16)

Option: Replace 15-16 with double thrusts forward, moving crossed hand up and down (WWE)

## **KICK, KICK, KNEE, KICK BACK, KICK FORWARD, KICK FORWARD, POINT LEFT TO LEFT, PIVOT ¼ TO RIGHT** (*The "Verdonk" Move*)

17&18& Kick R forward (17), Replace (&), Kick L forward (18) Replace (&)  
19&20 Hook R foot behind bent L knee (19), Straighten L with scoot (&), Kick R straight back (20)  
&21&22& Hitch R (&), Kick R forward (21), Replace (&), Kick L forward (22), Replace (&)  
23,24 Point R to R (23), Pivot ¼ R on ball of left touching R next to L (24)

## **HEEL, TOE, RIGHT FORWARD SHUFFLE, HEEL, TOE, LEFT FORWARD SHUFFLE**

25,26 Extend R heel forward (25), Extend R toe back (26)  
27&28 Step R forward (27), Step L next to R (&), Step R forward (28)  
29,30 Extend L heel forward (29), Extend L toe back (30)  
31&32 Step L forward (31), Step R next to L (&), Step L forward

## **RUNNING MAN, JUMP OUT, HEAD DOWN, UP, SMALL JUMPS BACK TO CENTER**

&33 Pull back on L as you lift R (&), Step forward on R (33)  
&34 Pull back on R as you lift L (&), Step forward on L (34)  
&35 Pull back on L as you lift right (&), Step forward on R (35)  
&36 Pull back on R as you lift L (&), Step forward on L (36)  
&37 Small step R to R (&), Small step L to L (37)  
38,39 Bend head down (38), Lift head up (39)  
&40 Two small jumps back to center (&40)

## **KICK, KICK, SAILOR STEP, KICK, SWEEP TURNING ¼ LEFT, SAILOR STEP**

41,42 Kick R forward and across L (41), Kick R to R (42)  
43&44 Cross R behind L (43), Step L to L (&), Step R to R (44)  
45,46 Kick L forward and across R (45), Pivot ¼ L on ball of R while sweeping L while making turn (46)  
47&48 Cross L behind R (47), Step R to R (&), Step L to L (48)  
Begin again...

\*Note: When dancing to "See Ya", omit counts &33-48 on the second wall only. Dance as choreographed to all other music.