

Ice Cream and Cake

2000's

"Ice Cream and Cake, Cake, Cake"

While standing still, facing the front:

Brush hands in front of abdominals.

Brush hands on sides of hips.

Repeat 4x each.

"Ice Cream and Cake, Cake, Cake"

Music picks up tempo at this point.

¼ Turn to the right.

Begin doing a "pony" with feet (this is a bouncy kind of twist).

Brush hands in front of abdominals.

Brush hands on sides of hips.

Repeat 4x each, with each new sequence, do a ¼ turn.

"Slip, Slip, Slip, and Slide"

Slip: twist feet from side to side or rock hips from side to side.

Slide: take one (1) long step, keeping your foot either on the floor or close to the floor, so you slide to the right.

Repeat Slip and Slide to the left.

**This is sometimes called the "Washing Machine".*

"Stop"

Place hand out in front of you, arm outstretched, hand up, as if stopping traffic.

Place other hand on opposite hip.

"Riding the Tag Team"

One (1) hand in on top of the steering wheel, as if driving a car one-handed.

Other hand remains on the opposite hip.

Rock hips back and forth; no feet movement.

"Pause"

Repeat the "Stop" movements.

Next part of song, freeze in various poses.

Song repeats.