

# ICU

Choreographed by Jamie Davis and Steve Brain

4/00

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

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

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

**B. STOMP, STOMP, CROSS HANDS, LOOK RIGHT, LEFT, BUMPS HIPS**

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

*Option:* Replace 15,16 with pelvic thrusts forward, moving crossed hands up and down (WWF)

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

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

**D. HEEL, TOE, RIGHT FORWARD SHUFFLE, HEEL, TOE, LEFT FORWARD SHUFFLE**

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

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

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

**F. KICK, KICK, SAILOR STEP, KICK, SWEEP TURNING ¼ LEFT, SAILOR STEP**

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

Jamie Davis, Louisville, KY— email: [KyDancer1@aol.com](mailto:KyDancer1@aol.com) (502) 499-6808  
Steve Brain, UK – email: [tuffdance@hotmail.com](mailto:tuffdance@hotmail.com) (+44) 7958786194