

Freak Out

Count: 80

Wand: 2

Ebene: Phrased Improver - Line / Contra

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Musik: Le Freak - Chic



(Option: Contra)

Intro: 2 counts after the counting 2

SOD : AAB/AB/ABBB/AA/A(8) (SECTION A: 16 counts, SECTION B: 64 counts).

SECTION A: 16 count (CHORUS)

A1. JUMP OUT, HOLD, BUMP R X2, BUMP L X2, WALK FORWARD R,L

&12 Step out with R, Step Out with L, Hold

3,4 Bump to R twice

5,6 Bump to L twice

7,8 Walk fwd R-L

A2. KICK BALL CHANGE, 1/4 PADDLE TURN TO L (x2), TOUCH TOE FORWARD, BACKWARD

1&2 Kick R fwd, Step R beside L, Step L in place

3,4,5,6 Step R fwd, Pivot 1/4 turn to L on L, Step R fwd, Pivot 1/4 turn to L on L

7,8 Touch R toe fwd, Touch L toe back

SECTION B: 64 count

B1. CHASSE R, CHASSE L, OUT, OUT, ANCHOR STEP

1&2 Step R to the R, Step L together, Step R to the R

3&4 Step L to the L, Step R together, Step L to the L

5,6, Step R out to R diagonal fwd, Step L to the L

7&8 Step R behind L, Step L in place, Step R in place w/ sweeping L from front to back

B2. SAILOR STEP 1/4 TURN L, STEP, PIVOT 1/2 TURN L, SHUFFLE FORWARD R, L

1&2 Cross L behind R, turning 1/4 L step R to R, Step L fwd

3,4 Step R fwd, Pivot 1/2 turn L

5&6 Shuffle fwd on RLR (Roll hands in front of you)

7&8 Shuffle fwd on LRL (Roll hands in front of you)

B3. CROSS ROCK L-R, SWAY BODY R,L,R,R

1&2 Cross R over L, recover L, step R to R

3&4 Cross L over R, recover R, step L to L

5-8 Sway body to R, L, R, R (Step on R, L, R, R)

B4. JAZZ BOX 1/4 L, TOUCH, R MAMBO FORWARD, L MAMBO BACK

1-4 Cross L over R, step 1/8 L back on R, step L to 1/8 L to L side, Touch R beside L

5&6 Rock R fwd, Recover L, Step back on R

7&8 Rock back on L, Recover on R, Step L fwd

B5. SKATE R-L, DIAGONAL R FORWARD SHUFFLE, SKATE L-R DIAGONAL L FORWARD SHUFFLE

1,2,3&4 Skate R fwd R diagonal, Skate L fwd L diagonal, Fwd shuffle on RLR

5,6,7&8 Skate L fwd L diagonal, Skate R fwd R diagonal, Fwd shuffle on LRL

B6. TOE SWITCHES, BUMPS X4

1,2,3,4 Point R toe fwd, Step R beside L, Point L toe fwd, Step L beside R

5,6,7,8 Weight on R doing hip bumps to R four times

B7. WALK BACK L,R,L, TOUCH, BODY GROOVE X 4

1,2,3,4 Walk back on L-R-L, Touch R beside L

5,6,7,8 Body groove with arms circling out

B8. VINE R, TOUCH (CLAP), ROLLING FULL TURN L, TOUCH

1,2,3,4 Step R to R, Step L behind R, Step R to R, Touch L (Clap) next to R

5,6,7,8 1/4 turn L stepping L fwd, 1/4 turn L stepping. back on R, 1/4 turn L stepping L to side, Touch R next to L

Enjoy & Have Fun!

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Thank you.

Jasmine
