

# T\*\*\* & A\*\*

Count: 32

Wall: 4

Level: Improver

Choreographer: Livio (IT)

Music: Freeek! - George Michael



Start with feet together, head down. When the noise which either sounds like a door opening or a cat being stood on happens. Look up! Start with Lyrics

- 1 Right toe touch right, look right
  - & Right toe touch next to left, stay looking right
  - 2 Step right forward, look forward ("got")
  - 3 Left toe touch left, look left
  - & Left toe touch next to right, stay looking left
  - 4 Step left forward, look forward ("body")
  
  - 5& Right step side, bump hips right, left
  - 6 Bump hips right as you slap right hip with left hand
  - 7& Bump hips left, right
  - 8 Bump hips left as you slap right hip with right hand (so now both you have both hands on right hip right on top of left)
  
  - 9-10 Roll hips to the left as you move your hands (in same position) round to your groin area
- Arms out to side and shimmy shoulders as fast as you can as you do steps 11-14**
- 11 Right step forward shimmying
  - 12 Left step forward shimmying
  - 13 Right step forward shimmying
  - 14 Left step forward shimmying
  
  - 15-18 Roll 'butt' to the left 4 times
  
  - &19 Jump forward right, left
  - 20 Clap
  
  - 21&22 Right side shuffle
  - 23&24 Left side shuffle with a ¼ turn left
  - 25&26 Right side shuffle
  - 27&28 Left side shuffle
  
  - 29 Kick right foot forward as you place right hand on right part of chest
  - & Kick right foot out to right side
  - 30 Right foot step together as you place left hand on left part of chest
  - 31-32 Keeping hands where they are rotate elbows twice

**REPEAT**