

# Fraggle Rock

Count: 32

Wall: 4

Level: Improver

Choreographer: Johnny Montana (USA)

Music: Fraggle Rock (Montana Mix) - Johnny Montana



When doing dance to "Sugarfoot Rag" by Porter Wagoner start after 16 count intro and do dance as written without any breaks etc.

## SHUFFLE WITH ¼ TURN RIGHT, SHUFFLE WITH ½ TURN RIGHT

- 1&2 Shuffle to the right side right, left, right (make a ¼ turn right (to the right) as you shuffle)  
3&4 Shuffle forward left, right, left (make a ½ turn right (to the right) as you shuffle)

## COASTER STEP, SKATE, SKATE

- 5&6 Step back onto right foot, step onto left foot next to right, step forward onto right  
7-8 Slide left foot forward and out to side, slide right foot forward and out to side

## SHUFFLE WITH ¼ TURN LEFT, SHUFFLE WITH ½ TURN LEFT

- 9&10 Shuffle to the left side left, right, left (make a ¼ turn left (to the left) as you shuffle)  
11&12 Shuffle forward right, left, right (make a ½ turn left as you shuffle)

## COASTER STEP, SKATE, SKATE

- 13&14 Step back onto left foot, step onto right foot next to left, step forward onto left  
15-16 Slide right foot forward and out to side, slide left foot forward and out to side

## KICK-BALL-STEP, KICK-BALL-STEP

- 17&18 Kick right foot forward, step onto sole of right foot next to left, step forward onto left foot  
19&20 Kick right foot forward, step onto sole of right foot next to left, step forward onto left foot

## ROCK, REPLACE, COASTER STEP WITH ¼ TURN LEFT

- 21-22 Rock forward onto right foot, replace weight back onto left foot  
23&24 Step back onto right foot, step onto left foot next to right, step forward onto right foot making a ¼ turn to left

## SAILOR STEPS

- 25&26 Cross left foot behind right and step onto sole of left foot, step slightly to right side onto sole of right foot, step to left side onto left foot  
27&28 Cross right foot behind left and step onto sole of right foot, step slightly to left onto sole of left foot, step to right side onto right foot

## ROCK, REPLACE, COASTER STEP

- 29-30 Step forward onto left foot, replace weight back onto right foot  
31-32 Step back onto left foot, step onto right foot next to left, step forward onto left

Option for last 4 steps:

## STEP, TURN, STEP-TURN-STEP

- 29-30 Step forward onto left foot, make a ½ turn pivot to right (to the right) and replace weight back onto right foot  
31&32 Step forward onto left foot, make a ½ turn pivot to right (to the right) and replace weight back onto right foot, step slightly forward onto left foot

## REPEAT

This is a modified mp3 I made from the original "Fraggle Rock" song. I took out some unwanted stuff to make it more "phraseable". If you would like a copy, email me. Also, there is a 16 count instrumental intro and then a 16 count verse. Start after the instrumental and do the first 16 steps of the dance then begin again doing a

full wall. Then there is a 4 count bridge. Do 2 right kick-ball-changes and start the dance from the top and continue dancing with no further breaks, etc.

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