

# Freek U

Compte: 64

Mur: 4

Niveau: Intermediate



Chorégraphe: Francien Sittrop (NL)

Musique: Freek U - Bon Garçon

## RIGHT KICK BALL STEP TWICE, ROCK, RECOVER, COASTER STEP

- 1&2 Kick right diagonal right forward, step right next to left, step left forward  
3&4 Kick right diagonal right forward, step right next to left, step left forward  
5-6 Rock right forward, recover on left  
7&8 Step right back, step left next to right, step right forward

## STEP, LOCK, STEP, LOCK STEP DIAGONAL FORWARD, STEP FORWARD, ½ TURN STEP, ½ TURN, TOUCH

- 1-2 Step left diagonal left forward, cross right behind left  
3&4 Step left diagonal left forward, cross right behind left, step left diagonal left forward  
5-6 Step right forward, make ½ turn left  
7&8 Step right forward, make ½ turn left, touch right next to left

## SKATE OUT, SKATE OUT, IN, IN, RIGHT STEP FORWARD, ½ TURN RIGHT, WITH HITCH HIP SWAYS

- 1-2 Skate right to right side (roll right shoulder up), skate left to left side (roll left shoulder up)  
3-4 Right step back and in (roll right shoulder down), left step back and in (roll left shoulder down)  
5-6 Step right forward, make on ball of right ½ turn right and hitch left knee  
7&8 Step left to down en push hip to the left, right, left (weight ends on left)

## RIGHT DIAGONAL STEP, TOUCH, LEFT, DIAGONAL SHUFFLE TWICE

- 1-2 Step right diagonal right forward, touch left next to right  
3&4 Step left diagonal left forward, step right next to left, step left diagonal left forward  
5-6 Step right diagonal right forward, touch left next to right  
7&8 Step left diagonal left forward, step right next to left, step left diagonal left forward

## RIGHT STEP FORWARD, LEFT, TOUCH SIDE, CROSS, ¼ TURN BACK, SIDE, FORWARD HIP SWAYS

- 1-2 Step right forward, touch left to left side  
3-4 Step left across right, step right back with ¼ turn left  
5-6 Step left to left side, right step forward  
7-8 Step left to left side and sway hips left, right, left (3)

## FULL TURN LEFT,, CHASSE, CROSS, ¾ TURN RIGHT,, CHASSE ¼ LEFT

- 1-2 Make ½ left stepping back on right, make ½ turn left stepping forward on left  
3&4 Step right to right side, step left next to right, step right to right side  
5-6 Step left across right, make ¾ turn right  
7&8 Step left to left side, right next to left, step left to left side with ¼ turn left

## RIGHT MAMBO FORWARD, LEFT, MAMBO BACK, RIGHT, TOUCH FORWARD, TOUCH SIDE, TOUCH BACK, ½ TURN RIGHT

- 1&2 Rock right forward, recover on left, step right back  
3&4 Rock left back, recover on right, step left forward  
5-6 Touch right forward, touch right to right side  
7-8 Touch right back, make ½ turn right (weight on right)

## LEFT SIDE MAMBO, RIGHT, SIDE MAMBO, HIP SWAYS

- 1&2 Rock left to left side, recover on right, step left next to right  
3&4 Rock right to right side, recover on left, step right next to left

5-6  
7&8

Step left step to left and push hip to left, push hip to right side  
Push hips left, right, left (weight ends on left)

**REPEAT**

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