

Frenzies Okie!

拍数: 176 墙数: 0 级数: Phrased Intermediate
编舞者: Lye Soo Lean (SG) & Anlas Cheong (SG) - October 2016
音乐: Ok Na Ka by Katreeya



Intro : 16 counts after 1st strong beat

Sequence : A, BBB Tag1 C, BBB Tag 1 C, AD Tag2, Modified C Modified C

PART A (48 counts)

A1. □CROSS ROCK RECOVER SIDE SHUFFLE X 2 (R,L).

123&4 Rock R over L, Recover on L, Step R to R side, Step L besides R, Step R to R side.
567&8 Rock L over R, Recover on R, Step L to L side, Step R besides L, Step L to L side.

A2. □ROCK FWD RECOVER COASTER STEP X 2 (R,L).

123&4 Rock R fwd, Recover on L, Step R back, Step L besides R, Step R fwd.
567&8 Rock L fwd, Recover on R, Step L back, Step R besides L, Step L fwd.

A3. □CROSS SIDE SAILOR STEP X 2 (R,L).

123&4 Cross R over L, Step L to L side, Step R behind L, Step L to L side, Step R to R side.
567&8 Cross L over R, Step R to R side, Step L behind R, Step R to R side, Step R to L side.

A4. □FWD CROSS POINT, BACK CROSS POINT; BACK CROSS POINT, FWD CROSS POINT.

1234 Fwd cross R over L, Point L to L side, Back cross L behind R, Point R to R side.
5678 Back cross R behind L, Point L to L side, Fwd cross L over R, Point R to R side.

A5. □1/8R DIAG. WALK FWD KICK; WALK BACK SQUARE OFF JUMP.

1234 1/8R diagonal walk fwd R L R, Kick L fwd with R hand raise up.
5678 Walk backward L R, 1/8L square off with both legs together, jump with R hand pump up.

A6. □1/8L DIAGONAL WALK FWD KICK; WALK BACK SQUARE OFF JUMP.

1234 1/8L diagonal walk fwd L R L, Kick R fwd with L hand raise up.
5678 Walk backward R L, 1/8R square off with both legs together, jump with L hand pump up.

PART B (32 counts)

B1. 1/8R DIAGONAL FWD, PIVOT ½ TURN, FWD SHUFFLE; FWD 1/8R SQUARE OFF CROSS SHUFFLE.

123&4 1/8R diagonal R step fwd, Pivot ½ L turn, Step R fwd, Lock L behind R, Step R fwd.
567&8 Step L step, 1/8 R square off R recover, Cross L over R, Step R to R side, Cross L over R.

B2. □SIDE ROCK BEHIND SIDE CROSS X 2 (R,L).

123&4 Rock R to R side, Recover on L, Step R behind L, Step L to L side, Cross R over L.
567&8 Rock L to L side, Recover on R, Step L behind R, Step R to R side, Cross L over R.

B3. □SIDE SHUFFLE BACK RECOVER X 2 (R,L).

1&234 Step R to R side, Step L besides R, Step R to R side, Step L behind R, Recover on R.
5&678 Step L to L side, Step R besides L, Step L to L side, Step R behind L, Recover on L.

B4. □TOE STRUT, ¼ L TOE STRUT; ¼ R JAZZ BOX.

1234 Touch R toe fwd, Step down on R heel, ¼ L turn Touch L toe fwd, Step down on L heel.
5678 Cross R over L, Step back on L, ¼ R turn Step R to R side, Step L besides R.

PART C (32 counts)

C1. □1/8L BOUNCE, STRAIGHTEN; OUT, OUT, IN, IN.

- 1234 1/8 L diagonal both knee bend with R palm facing inwards, raise to ear level and bend elbow towards you, both heels up (bounce) and straighten R elbow upright with fingers closed, both knee bend with R palm facing inwards, raise to ear level and elbow bend towards you, both heels up (bounce) and straighten R elbow upright with fingers closed.
- 5678 1/8 R Step R diagonal fwd to R, Step L diagonal fwd to L, Step R diagonal back, Step L diagonal back besides R.

C2. □ ¼ R OUT, OUT, IN, IN; FWD, **PIVOT ¼ L TURN, CROSS, CLOSE.

- 1234 ¼ R turn Step R diagonal fwd to R, Step L diagonal fwd to L, Step R diagonal back, Step L diagonal back besides R.
- 5678 **Step R fwd, Pivot ¼ L turn, Cross R over L, Step L besides R.

C3 & C4. □ REPEAT C1 & C2.

**** NOTE : CHANGE TO ROCK FWD RECOVER BACK CLOSE FOR MODIFIED C.**

Modified C - ** 5678 Rock R fwd, Recover on L, Step R back, Step L besides R.

PART D (32 counts)

D1. □ □ DIAGONAL FWD DRAG; L DIAGONAL FWD DRAG.

- 1234 R diagonal R step fwd with R palm back place besides L cheek, L drag in and point close to R in 3 counts with R palm sweeps along face line end at R side.
- 5678 L diagonal L step fwd with L palm back place besides R cheek, R drag in and point close to L in 3 counts with L palm sweeps along face line end at L side.

D2. □ □ ROLLING VINE; SWAY.

- 1234 ¼ R turn Step R fwd, ½ R turn Step L back, ¼ R turn Step R to side, Point L besides R.
- 5678 L Step L side sway, hold, Step R to R side sway, hold.

D3. □ R DIAGONAL BACK DRAG; DIAGONAL BACK DRAG.

- 1234 R diagonal L step back with L palm back place besides R cheek, R drag in and point close to L in 3 counts with L palm sweeps along face line end at L side.
- 5678 L diagonal R step back with R palm back place besides L cheek, L drag in and point close to R in 3 counts with R palm sweeps along face line end at R side.

D4. □ ROLLING VINE; SWAY.

- 1234 ¼ L turn Step L fwd, ½ L turn Step R back, ¼ L turn Step L to side, Point R besides L.
- 5678 R Step R side sway, hold, Step L to L side sway, hold.

TAG 1 (8 counts) – ¾ R SMALL STEPS RUN

- 1234 S □ Start to make a ¾ turn L, Run round taking small steps – Stepping R L R L.
- 5678 Finish the ¾ turn L, Run round taking small steps – Stepping R L R, Step L besides R.

TAG 2 (24 counts)

[1-16]. □ (POINT DIAGONAL R UP, DIAGONAL L UP, DIAGONAL R DOWN, DIAGONAL L DOWN) X 4

- 1234 R finger point diagonal R up, L finger point diagonal L up, R finger point diagonal R down, L finger point diagonal down.
- 5-16 Repeat the above 4 counts x 3

[17-24] □ ¼ L BEND BOTH KNEE, HOLD; STRAIGHTEN KNEE.

- 1234 ¼ L turn with both knees bend and drop / pump R hand down, hold for 3 counts.
- 5678 Slowly straighten both knee and R hand draw an anti-clockwise "O" as you straighten up.
- As you will go straight into modified C, the 1st count of 1/8L turn will change to 1/8 R turn.**

Happy dancing and keep smiling.

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