

Freak Out

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Robbie McGowan Hickie (UK) - February 2018
音乐: Freak Out - Måns Zelmerlöw : (CD: MZW)



(16 Count intro)

Music also Available on Download from iTunes & www.amazon.co.uk

S1: 2 x Walks Forward. & 2 x Walks Forward. Forward Rock. Left Coaster Cross.

1 – 2 Walk forward on Right. Walk forward on Left.
&3 – 4 Step Right beside Left. Walk forward on Left. Walk forward on Right.
5 – 6 Rock forward on Left. Rock back on Right.
7&8 Step back on Left. Step Right beside Left. Cross step Left over Right.

S2: Side Step Right. Together. Right Lock Step Back. Side Step Left. Together. Chasse 1/4 Turn Left.

1 – 2 Long step Right to Right side. Close Left beside Right.
3&4 Step back on Right. Lock step Left across Right. Step back on Right.
5 – 6 Step Left to Left side. Close Right beside Left.
7&8 Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping forward on Left.

S3: 2 x 1/2 Turns Left. Forward Rock. 2 x 1/2 Turns Right. Right Coaster Cross.

1 – 2 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left.
3 – 4 Rock forward on Right. Rock back on Left.
5 – 6 Make 1/2 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left.
7&8 Step back on Right. Step Left beside Right. Cross step Right over Left. (Facing 9 o'clock)

S4: Chasse Left. Back Rock. Right Kick-Ball-Cross x 2.

1&2 Step Left to Left side. Close Right beside Left. Step Left to Left side.
3 – 4 Rock back on Right. Rock forward on Left.
5&6 Kick Right Diagonally forward Right. Step Right beside Left. Cross step Left over Right.
7&8 Kick Right Diagonally forward Right. Step Right beside Left. Cross step Left over Right.

S5: 1/4 Turn Right. 1/2 Turn Right. Shuffle 1/2 Turn Right. Step. Pivot 1/4 Turn Right. Left Cross Shuffle.

1 – 2 Make 1/4 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left.
3&4 Right shuffle making 1/2 turn Right stepping Right. Left. Right. (Facing 12 o'clock)
5 – 6 Step forward on Left. Pivot 1/4 turn Right.
7&8 Cross step Left over Right. Step Right to Right side. Cross step Left over Right. (Facing 3 o'clock)

S6: Right Side Rock. Behind & Cross. Left Side Rock. Left Sailor 1/2 Turn Left.

1 – 2 Rock Right out to Right side. Recover weight on Left.
3&4 Cross Right behind Left. Step Left to Left side. Cross step Right over Left.
5 – 6 Rock Left out to Left side. Recover weight on Right.
7&8 Cross Left behind Right making 1/2 turn Left. Step Right beside Left. Step forward on Left.

S7: Forward Rock. & Touch Forward. & Hip Bumps. & 2 x Walks Forward. Right Shuffle Forward.

1 – 2 Rock forward on Right. Rock back on Left. (Facing 9 o'clock)
&3 Step back on Right. Touch Left toe forward.
&4 Bump Left hip up to Left Diagonal. Bring hips down. (Weight on Right)
&5 – 6 Step Left beside Right. Walk forward on Right. Walk forward on Left.
7&8 Right shuffle forward stepping Right. Left. Right.

S8: Forward Rock. Left Shuffle 1/2 Turn Left. Cross. Back. & Cross. Point.

1 – 2 Rock forward on Left. Rock back on Right.

3&4 Left shuffle making 1/2 turn Left stepping Left. Right. Left.

5 – 6 Cross step Right over Left. Step back on Left.

&7 – 8 Step Right to Right side. Cross step Left over Right. Point Right toe out to Right side. (Facing 3 o'clock)

Start Again
