

Freacking Me Out

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 2 级数: Low Intermediate
编舞者: Lauren White (USA) & Gavin Epperson (USA) - April 2020
音乐: Freacking Me Out - Ava Max



Dancing starts at 00:10 seconds

Section 1: (12 o'clock) RF Sweep Back, LF Sweep Back, Shuffle ½ Turn Right, ½ Pivot Right, Sweep LF ¾ Turn, Right Forward Kick.

- 1, 2 Weighted left: sweep right foot back (1) Sweep left foot back (2)
- 3 & 4 Shuffle ½ turn to the right stepping right (3), left (&), right (4)
- 5, 6 ½ pivot turn, stepping left forward, half turn over your right shoulder, and stepping weight onto the right foot.
- 7 8 Sweep left foot around in front of you while making a ¾ right turn landing with weight on the left (7) kick right foot in front (8)

Section 2: (9 o'clock) Right Coaster step, LF ¼ rock-recover-cross, right rock-recover-cross, grapevine left

- 1 & 2 coaster step: Step back on right (1), together with left (&), forward with right foot (2)
- 3 & 4 ¼ turn to the right by rocking out to the left side with the left foot (3) replace weight to right (&) cross left over right (weighted left) (4)
- 5 & 6 Step right to right side (5), replace weight to left foot (&), cross right foot over left (weighted right) (6)
- 7 & 8 Left grapevine: step left to left side (7), right behind left (&), left to left side (8)

Section 3: (9 o'clock) Left ½ (pivot or turn?), left ½ turn, ¼ turn side step x4

- 1, 2 Step forward on right (1) ½ turn over your left shoulder and place weight on left foot (2)
- 3, 4 Step forward on right (3) ½ turn over your left shoulder and place weight on left foot (4)
- 5 Step right foot forward diagonal ¼ turn (facing 6:00)
- 6 Step left foot back diagonal with ¼ turn (facing 3:00)
- 7 Step right foot forward diagonal ¼ turn (12:00)
- 8 Step left foot back diagonal with ¼ turn (weighted) (9:00)

Section 4: (9 o'clock) Cross Rock RF, Shuffle turn full, Cross Rock LF, left shuffle step

- 1, 2 Cross rock right foot over left (1) replace weight onto left (2)
- 3 & 4 1 ¼ Shuffle turn over right shoulder stepping right (3), left (&) right (4)
- 5, 6 cross rock left foot over right (5) replace weight onto right (6)
- 7 & 8 ¼ turn left shuffle left (7), right (&), left (8)

The 12 count tag: Rock step, coaster step, Unwind left, reverse rocking chair

- 1, 2 Rock forward on your right foot (1) replace weight onto left foot (2)
- 3 & 4 Coaster step: Right back (3), left step next to right (&), step right forward (4)
- 5, 6, 7, 8 Tuck left foot behind right (5) and slowly unwind a full turn over your left shoulder making sure to weight left at the end (6, 7, 8)
- 9, 10 Rock backwards on your right foot (9) replace weight onto left foot (10)
- 11, 12 Rock forward on your right foot (11) replace weight onto left foot (12)

The 8 count tag: Rock step, coaster step, Unwind left

- 1, 2 Rock forward on your right foot (1) replace weight onto left foot (2)
- 3 & 4 Coaster step: Right back (3), left step next to right (&), step right forward (4)
- 5, 6, 7, 8 Tuck left foot behind right (5) and slowly unwind a full turn over your left shoulder making sure to weight left at the end (6, 7, 8)

