

All Snap Freak

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Phrased Intermediate
编舞者: Sean Dennis (USA) & Ejaya Johnson (USA) - May 2022
音乐: U a Freak (Nasty Girl) (feat. Mr. Collipark) - Chingy



SEQUENCE: A-B-AA-BB-AA-BB

PART A

[1-8&] HEEL KICKS WITH CROSS OVERS

1&2&3&4& Kick R heel, Kick L heel, Kick R heel, Cross L over R, Step R to side
5&6&7&8& Kick L heel, Kick R heel, Kick L heel, Cross R over L, Step L to side

[9-16] 3/4 TURNING WEAVE AND SHUFFLES

1-4 Step R behind L, 1/4 turn L stepping fwd on L, Step fwd on R, Pivot 1/2 (weight to left)
5&6&7&8 Step fwd R, step L together, Step R fwd, Step L together and dip, Step R fwd, Step L together, Step R fwd and dip

[17-24] ROCK EASY 1/2, FOOT CHANGE & 1/2 PIVOT, ROCK EASY 1/4

&1,2,3,4 Shift weight to Left and Rock R fwd, Shift weight back to L, Step back with R, 1/2 turn Right with weight to Left
&5, 6, 7, 8 Step back on R, Step fwd on L, 1/2 Pivot to R, Step back on R, 1/4 turn to R (weight to Left)

[25-32] BODY ROLLS BACKWARDS, SAILOR SHUFFLES (2 X)

1,2,3,4 Touch R back, body roll with weight to Right, Touch L back, body roll with weight to Left
5&6, 7&8 Step R behind L, Step L to Side, Step R to Side, Step L behind R, Step R to Side, Step L to Side

PART B

[33-40] BACKWARD WALKS AND PIVOTS

1-4 1/4 turn Left stepping back R, Step back L, Step back R starting 1/2 turn Right, Finish 1/2 turn with weight to Left
5-8 Step back R, Step back L, Step back R, 1/4 turn Left Weight to Left
optional: As you make the 1/2 turn left, clap hands together at waist height, hitch left leg up on turn and clap hands under knee, clap hands together at waist height as you step down on left

[41-48] CHICKEN HEADS AND 1/2 TURNS

1&2& Tap R beside L, Step on R, Tap L beside R, Step on L
3&4& Make 1/2 turn Left stepping alternately R, L, R, L
5&6& Tap R beside L, Step on R, Tap L beside R, Step on L
7&8& Make 1/2 turn Left stepping alternately R, L, R, L

Step description by Steve Cavanaugh (steve@appleblossom.net)