

Le Freak

拍数: 72 墙数: 2 级数: Phrased Intermediate
编舞者: Jo Kinser (UK) & John Kinser (UK) - October 2022
音乐: Le Freak (Radio Edit) - Chic



(Music available on iTunes - 3:30 min – 120 BPM)

Intro: Straight in 0.2 starting on the words Freak Out
Sequence AB, AB, A, BBB, A

Section A "Freak Out" (Chorus)

S1: Out Out, In In X2, ¼ Turn R, Side Touch R Arm, Side Touch L Arm

&1&2 RF step side R, LF step side L, RF step to center, LF step together (Hands follow feet)
&3&4 RF step side R, LF step side L, RF step to center, LF step together (Hands follow feet)
5,6 ¼ turn R RF step R, LF touch next to RF, Rt Hand goes Up, Down (3:00)
7,8 LF step L, RF touch next to LF, Lt Hand goes Up, Down

Repeat Section A x3 full turn R back to the front (12:00) Section A is a total of 32 Counts.

Section B (Verse)

[1-8]: K Step, L Shuffle Forward

1, 2 RF step diagonal fwd R, LF touch next to RF (Snap Rt Fingers)
3, 4 LF step back to center, RF touch next to LF (Snap Rt Fingers)
5, 6 RF step diagonal back R, LF touch next to RF (Snap Rt Fingers, looking over R shoulder)
7&8 LF step fwd, RF step next to LF, LF step fwd

[9-16]: Vine R (Roll Arms), Point (R Hand), Rolling Vine F/T L, Jump X2 1/8 L

1,2,3 RF step R, LF step behind RF, RF step R (Roll hands in front of you 1-3)
4 LF Point Land Right Finger point diagonal Up R
5,6 ¼ turn L LF step fwd (9:00), ½ turn L RF step back (3:00)
7&8 ¼ turn L LF step L (12:00), 1/8 turn L jump both feet together (10:30), Jump together

Option: &8 RF step next to LF, LF step side Left (Side Chasse)

[17-24]: Kick, Back, Twist R, Twist Fwd (Note this section is done on the Left Diagonal)

1,2 RF kick fwd, RF step back
3,4 Twist your upper body R looking over your R shoulder, Twist back recovering on LF
5&6,7,8 Repeat Counts 1-4

Arms for count 3: L Palm push fwd and R Elbow goes back, 4 Return to neutral position.

Repeat for counts 7-8.

[25-32]: Step ½ L, Full Turn L, R Shuffle Fwd, Push Mambo Step

1,2 RF step fwd, ½ turn L LF step fwd (4:30)
3,4 ½ turn L RF step back (10:30), ½ turn L LF step fwd (4:30)
5&6 RF step fwd, LF step next to RF, RF step fwd
7&8 Push ball of LF fwd (Hips fwd), Recover on RF, LF step next to RF (4:30)

[33-40]: Kick, Point Back, Twist-Turn, Hitch, Point L, Sailor ¼ L, Hitch R

1,2 RF kick low fwd, RF touch diagonal back R
3,4 1/8 turn R step on RF twisting R (6:00), Hitch Left knee across the R
5 LF point L
6&7 ¼ turn L LF behind RF (3:00), RF step R, LF step L and slightly fwd,
8 Hitch R knee

[41-48]: Body Roll Travelling Backwards X2, C Bumps

1,2 RF touch back Body Roll Back (1), End your Body Roll recover on RF (2)
& LF step next RF
3,4 RF touch back Body Roll Back (3), End your Body Roll recover on RF (4)
& LF step next RF
5&6 RF step slightly back and R hip bump Up 5), Center &), Down 6)
&7& R hip bump Center &), Up 7), Center &
8 Down 8) Weight on RF

R Arm for counts 5-8: Like a C Shape

[49-56]: Fwd, ½ Turn L, ¼ L Side Shuffle Arm Pumps, Jazz Box - Cross

1,2 LF step fwd, ½ turn L RF step back (9:00)
3&4 ¼ turn L LF step L (6:00), RF step next to LF, LF step L (Pump Arms L)
5,6 RF step over LF, LF step Back
7,8 RF step R, LF cross over RF (6:00)

[57-64]: Full Turn Paddle R, Fwd, ½ Charleston, Mambo Back

1,2 ¼ turn R RF step fwd (9:00), ¼ turn R and LF point L (12:00)
3,4 ½ turn R LF point L (6:00), LF step fwd
5,6 RF kick low fwd, RF step back
7&8 LF rock back, Recover on RF, LF step fwd

Repeat Section A (6:00), dance 16 Counts (12:00)

Section B (12:00)

Section A (6:00), dance 16 Counts (12:00)

Section B (12:00)

Section B (6:00)

Section B (12:00)

Section A (6:00), 32 Counts (6:00)

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