

# Freacking Out

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Patricia Soran (AUT) - November 2023  
音乐: Freacking Out - Tom Walker



Intro: 8 Counts

Restart: After 24 Counts in wall 1 and 3

**Counts 1-8: OUT-OUT, ¼-TURN L, ½-TURN R WITH SWEEP R, SWEEP L, BEHIND-SIDE-POINT, ¾-SPIRAL-TURN R, SIDE-CROSS**

- &1-2      Step RF to side (&); Step LF to side (1); ¼-turn left (9:00) – weight on RF, LF on heel (2)  
3-4      Weight on LF, ½-turn right (3:00) and sweep RF from front to back (3); Cross RF behind LF and sweep LF from front to back (4)  
5&6      Cross LF behind RF; Step RF to side; Point LF diagonally fwd. (towards 4:30, slightly crossed over RF)  
7&8      Spiral-Turn: Weight on LF with ¾-turn right (12:00); Step RF to side; Cross LF over RF  
**Optional Styling Counts 1-2: Right hand (fist) on left shoulder, left arm to side angled at wrist, look right (1); Left hand on right shoulder, push right arm forward (9:00) angled at wrist, look forward (2)**

**Counts 9-16: ¼-TURN R, ½-PIQUE-TURN R, Diag. FWD. L, ½-TURN L IN PLACE, DIAG. FWD. R, ½-SWEEP TURN R, LUNGE, RECOVER WITH 1/8-TURN L**

- 1-2      ¼-turn right (3:00) and step RF fwd. (1); ½-turn right (9:00), optional LF on right calf or knee (Pique)  
3&4      Step LF diag. fwd. (10:30) (3); Start a ½-turn left (1:30): Step together with RF; Step in place with LF (&4)  
5-6      Step RF diag. fwd (5); ½-turn right (7:30), step together with LF and sweep RF from front to back (6)  
7-8      Step back with RF (Lunge); Recover on LF with 1/8-turn left (6:00)

**Counts 17-24: RUN R+L, ¼-SWEEP TURN R, STEP FWD. L, FULL TURN, PRESS-RELEASE, STEP TOGETHER R, LUNGE, STEP TOGETHER L**

- 1&2      Run fwd. with RF+LF (1&); Step fwd. with RF and sweep LF with ¼-turn right (9:00) (2)  
3&4      Step fwd. on LF; ½-turn left (3:00) and step back with RF; ½-turn left (9:00) and step fwd. with LF  
5-6      Press right ball forward; Recover on LF, optional with a small kick with RF  
&7-8      Step together with RF (&); Point LF to side, right knee bended (7); ¼-turn left (6:00) and step together with LF

**RESTART HERE in wall 1 and 3 (both times 6:00)!!!**

**Counts 25-32: COASTER STEP, ½-TURN R, STEP FWD. R, ¼-TURN R WITH SIDE-STEP L, FULL CROSS-UNWIND L**

- 1&2      Step back with RF; Step together LF; Step fwd. with RF  
3-4      Step fwd. with LF (3); ½-turn right (12:00), weight remains on LF, RF in pointing position (4)  
5&6      Step fwd. on RF; ¼-turn right (3:00) and step LF to side; Turn another ¼-turn right (6:00) and bring RF in a crossed position over LF  
7-8      Full unwind-turn over left (6:00), ending with feet together and weight on LF

**HAPPY DANCING!**

Email: [patricia.soran@linea7.com](mailto:patricia.soran@linea7.com)