

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!

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