

# I'm A Dance Freak!

**COPPERKNOB**  
STEPSHEETS

拍数: 48      墙数: 4      级数: Advanced  
编舞者: Donna Caudill (USA)  
音乐: Freak of Nature - Anastacia



## WALK, WALK, PUSH AND REPLACE, SIDE ROCK & REPLACE, SAILOR STEP LEFT

1            Walk forward right  
2            Walk forward left  
3&4        Push step forward & replace right left right  
5&6        Side rock left hold step right  
7&8        Sailor step left

## SAILOR STEP RIGHT ¼ TURN, STEP SIDE ROCK RIGHT & CROSS, STEP, HIP BUMPS OR SIDE BODY ROLL DOWN & UP

1&2        Sailor step on right with ¼ turn right  
3            Step left forward  
4&5        Side rock right & step, cross over left  
6            Step side left  
7&8        Hip bumps or side body roll down & up (weight on left)

## TOE DIG & PUSH, SYNCOPATED WEAVE LEFT, STEP & SQUAT, SHIFT SHOULDERS RIGHT, SHIFT SHOULDERS LEFT, STAND UP

1-2        Toe dig right with push  
3&4        Grapevine weave to left  
5            Step left foot to left side & squat  
6            Move shoulders to right  
7            Move shoulders to left  
8            Stand up

## KNEE ROLL RIGHT, KNEE ROLL LEFT, KNEE ROLL RIGHT, KNEE ROLL LEFT, JUMP FEET TOGETHER

1-2        Knee roll right  
3-4        Knee roll left  
5            Knee roll right  
6            Knee roll left  
7&8        Jump feet together

## WALK, WALK, TRIPLE STEP ½ TURN LEFT, TRIPLE STEP ½ TURN RIGHT, ROCK & STEP & POINT

1            Walk forward right  
2            Walk forward left  
3&4        Triple step turn ½ left  
5&6        Triple step turn ½ right  
&7&8       Rock & cross right over left & point left foot to left side

## CROSS LEFT OVER RIGHT, STEP SIDE RIGHT, CROSS LEFT BEHIND RIGHT, WALK, WALK, TRIPLE STEP TURN

1-2        Cross left over right, step out right  
3            Cross left behind right  
4            Step back on right turn ¼ turn left with head roll  
5            Walk forward left  
6            Walk forward right  
7&8        Triple ½ turn right

**REPEAT**

**RESTART**

**Restart after count 32 on walls 2, 4, and 5**

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