

Freak It

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Ryan Pearson (UK)
音乐: Mambo Mambo - Lou Bega



ROCK FORWARD AND BACK, ¼ TURN LEFT, CHASSE LEFT

1-2 Rock forward on right foot, recover weight. Back onto left
3-4 Rock back on right foot, recover weight onto left
5-6 Step forward on right foot and pivot ¼ turn left, touch left toe beside right
7&8 Step left foot to left side, close right beside left, step left foot to left side

SYNCOPATED TOE TOUCHES, STEP BEHIND, SIDE IN FRONT TWICE

1&2 Touch right toe to right side, touch right toe in place, touch right toe to right side
3&4 Cross right behind left, step left foot to left side, cross right over left
5&6 Touch left toe to left side, touch left toe in place, touch left toe to left side
7&8 Cross left behind right, step right foot to right side, cross left over right

MAMBO ROCKS FORWARD AND BACK, ROCK STEP, TRIPLE ½ TURN RIGHT

1&2 Rock forward on right foot, recover weight onto left, step right foot next to left
3&4 Rock back on left foot, recover weight onto right, step left foot next to right
5-6 Rock forward on right, recover weight back onto left,
7&8 Make ½ turn right stepping right, left, right

LEAN LEFT SHIMMY, LEAN RIGHT SHIMMY

1&2 Step left foot to left side, shimmy, lean left taking weight,
3&4 Shimmy right bringing left foot back in place taking weight on left
5&6 Step right foot to right side, shimmy, lean right taking weight
7&8 Shimmy left bringing right foot back in place taking weight on right

LEFT AND RIGHT DIAGONAL STEPS FORWARD, BACK

&1-2 Step left foot forward to left diagonal, touch right next to left, hold
&3-4 Step right foot forward to right diagonal, touch left toe next to right, hold
&5-6 Step left foot diagonally back, touch right toe next to left, hold
&7-8 Step right foot diagonally back, touch left toe next to right, hold

LEFT GRAPEVINE WITH ¼ TURN, KICK, WALK BACK, TOUCH

1-2 Step left foot to left side, cross right foot behind left
3-4 Step left foot to left side making ¼ turn left, kick right foot forward
5-8 Walk back right, left, right, touch left toe back

½ TURN LEFT TWICE, STEP CLAP, SHIMMY

1-2 Step left foot forward, pivot ½ turn right
3-4 Step left foot forward, pivot ½ turn right,
&5-6 Step left foot forward, step right beside left, clap
7&8 Shimmy down and up on the spot

ROCK STEP, SHUFFLE BACK, TOUCH, KICK SWEEP ¾ TURN LEFT

1-2 Rock forward on right foot, recover weight back onto left
3&4 Shuffle back right, left, right
5-6 Touch left toe next to right, kick left foot forward
7-8 Sweep left foot behind right making ¾ turn left

REPEAT
