Freak Out

拍数: 32   **墙数:** 4   **级数:** Improver

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音乐: Le Freak - Chic

WALK TWICE, ANCHOR STEP, TOUCH LEFT BACK, ½ TURN, WALK TWICE

1-2	Step forward on right foot, step forward on left foot
3&4	Lock right foot behind left foot & step left foot in place, step back on right foot
5-6	Step left foot next to right foot, make a ½ turn left with both feet together
7-8	Step forward on right foot, step forward on left foot

JUMP OUT, HOLD, KNEE IN, OUT, COASTER STEP, STEP FORWARD ½ TURN

&1-2&	Step out with right foot, step out with left foot, hold
3-4	Bend right knee in, point right knee out making a ¼ right
5&6	Step right foot back & step left foot next to right foot, step forward on right foot
7-8	Step forward on left foot, make a ½ turn right (ending with weight on right foot)

WALK TWICE, ANCHOR STEP WITH A ½ TURN, BOOGIE WALKS X4

1-2	Step forward on left foot, step forward on right foot
3&4	Step left foot behind right foot, & make a ¼ turn left stepping right foot to right side, make a ¼ left stepping forward on left foot
5-6	Step forward on right foot, bending both knees to right, step forward on left foot bending both knees to left
7-8	Step forward on right foot, bending both knees to right, step forward on left foot bending both knees to left

JUMP OUT, POP RIGHT, LEFT, SAILOR STEP, TOUCH LEFT BACK ½ TURN, FULL TURN

&1-2&	Jump both feet shoulder width apart, pop right shoulder to right side, pop left shoulder to left side
3&4	Step right foot behind left foot & step left foot to left side, step right foot to right side
5-6	Touch left toe back, make a ½ turn to the left (weight ending on left foot)
7-8	Make a ½ turn left stepping back on right foot, make a ½ turn left stepping forward on left foot

REPEAT