

Freak You Out

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Freak You Out - Kinnda



HOLD, STEP, SHUFFLE FORWARD, KICK BALL TOUCH, HEEL SWIVELS TURN ½ RIGHT

Start with your head down, facing the floor

- 1 Hold, raise your head
- 2 Left foot step forward
- 3&4 Right foot shuffle forward (right, left, right)
- 5 Left foot kick forward
- & Left foot step next to left
- 6 Right foot touch back
- 7 Swivel heels left
- & Swivel heels right
- 8 Swivel heels left and turn ¼ right

STEP APART, HIP BUMPS, SAILOR STEP, SAILOR TURN ¼ LEFT

- 9 Right foot step to side
- 10 Left foot step to side (2nd pos.)
- 11 Bump hip right
- 12 Bump hip left
- 13 Right foot cross behind left
- & Left foot step to side
- 14 Right foot step to side
- 15 Left foot cross behind left
- & Right foot step to side
- 16 Left foot turn ¼ left and step to side

½ TURNS TRAVELING BACK, COASTER STEP, WEAVE LEFT

- 17 Right foot turn ½ and step forward
- 18 Left foot turn ½ and step back
- 19 Right foot step back
- & Left foot step together
- 20 Right foot step forward
- 21 Left foot step to side
- & Right foot cross behind left
- 22 Left foot step to side
- & Right foot cross in front of left
- 23 Left foot step to side
- & Right foot cross behind left
- 24 Left foot step to side

STEP FORWARD AND SWAY BODY RIGHT, LEFT, KICK & POINT LEFT & POINT RIGHT HITCH, POINT RIGHT

- 25-26 Right foot step forward while making a wavelike motion starting from your right shoulder
- 27-28 Left foot step forward while making a wavelike motion starting from your left shoulder
- 29 Right foot kick forward
- & Right foot step next to left
- 30 Left foot touch to side
- & Left foot step next to right

- 31 Right foot touch to side
- & Right foot hitch right knee
- 32 Right foot touch to side

1 ½ TURN RIGHT, KICK, SIT & RISE

- 33 Right foot ¼ turn right and step forward right
- 34 Left foot ½ turn right and step back left
- 35 Right foot ½ turn right and step forward right
- 36 Left foot ¼ turn right and step left to side
- 37 Right foot kick forward
- & Right foot step next to left
- 38 Left foot touch forward
- & Contract chest slightly (shoulders forward)
- 39 Bend knees, arch chest (shoulders and buttock back)
- & Contract chest slightly, straightening knees (shoulders forward)
- 40 Legs straight, arch chest (shoulders and buttock back)
- & Left foot step next to right

STEP TURN ¼ LEFT, MOVE DOWN LEFT, RIGHT, SWAY UP

- 41 Right foot step forward
- 42 Left foot turn ¼ left
- 43 Bend knees, lean forward and move upper body left (hands on knees)
- 44 Knees bent, leaning forward, move upper body right (hands on knees)
- 45-48 Straighten body while making a "snake-like" swaying motion (left, right, left, right)

End with your head down

REPEAT
