

Freaked Out

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Zac Detweiller (USA) - March 2008
音乐: See You Again - Miley Cyrus



Intro: 32 Counts, right after she says "never be tamed" (Tag on wall 10)

Step, Rock Recover, Step back, ½ turn Left, 2- touch ¼ turns, Cross

1,2,3,4 Step forward on Left, Rock forward on Right, Recover weight Left, Step back on Right.
5,6,7,8 Make a ½ turn Left stepping Left forward, Make a ¼ turn Left touching Right toe to Right,
Make another ¼ turn Left touching Right toe to Right, Cross Right over Left. (Facing 12 O'clock)

½ turn into extended side shuffle, Rock Recover, shuffle ½ turn

1,2 Make a ¼ turn Right stepping back on Left, Make another ¼ turn Right stepping Right to side
(facing 6 O'clock)
&3&4 Step Left beside Right, Step Right to Right, Step Left beside Right, Step Right to Right
5,6 Rock forward on your Left foot, Recover weight back to Right
7&8 Make a ¼ turn Left stepping forward on Left, Step Right beside Left, Make a ¼ turn Left
stepping Left forward (Facing 12 O'clock)

Hip Bumps, Cross Rock Recover, Step Side, Cross

1,2,3&4 Bump hips to the Right, Left, Right Left Right
5,6,7,8 Cross rock Left foot over Right, Recover weight Right, Step Left to Left side, Cross Right over
Left

¼ turn Right, ¼ Turn Right, Forward, Touch, Modified Reverse paddle turn, Hold, Step

1,2,3,4 Step Back on Left making a ¼ turn Right, Step Right to side making a ¼ turn Right, Step
forward on Left, Touch Right out to Right Side. (facing 6 O'clock)

Note on cts 5-7: This turn is a reverse paddle turn. You will be turning over your shoulder (leading with your back), not toward your body (leading with your chest) like you normally would. Hint: when you touched on ct 4, the wall you stop at will be on your left!

5,6, Make a ¼ turn Right touching your Right toe to Right side, Make a ¼ turn Right touching your
Right toe to Right side
7,8& Make a ¼ turn Right touching your Right toe to Right side, Hold Count 8, Step Right foot
beside Left

Start again!

Tag: On Wall 10 after 3rd set of 8.

1,2,3,4 Make a ¼ turn Right stepping Left to side, hold 3 cts (6 wall)
5,6,7,8 Make a ¼ turn Right stepping Right to Right, Hold 3 cts
1,2,3,4 Make a ¼ turn Right stepping Left to Left, Hold 3cts (12 wall)
5,6,7,8 Make a ½ turn Right Stepping Right to Right, hold 3cts. (6 wall)

To start the dance again facing the 12 O'Clock wall, Make a ½ turn to Right Stepping Left forward on Count 1

Special Thanks to: Michelle for helping me during my 3am mental block!!