

Freacking Out

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Ross Brown (ENG) - December 2008
音乐: Freacking Out - September : (CD: Gold or Dancing Shoes)



Intro: 35 [32+3] Counts (Approx. 16 Secs)

TOUCH FORWARD SWITCHES. STEP, TOGETHER STEP ¼ TURN. SIDE, CROSS.

- 1&2& Touch right toe forward, step right next to left, touch left toe forward, step left next to right.
(See Below For Optional Arms)
- 3&4& Repeat counts 1&2&.
- 5-6 Step forward with right, make a ¼ turn right stepping left next to right. (3 o'clock)
- 7-8 Step right to the right, cross step left over right.

SIDE ROCK, RECOVER ¼ TURN. CHASSE ¼ TURN. ROCK BACK, RECOVER. KICK BALL CROSS.

- 1-2 Rock right to the right, make a ¼ turn left recovering onto left.
- 3&4 Make a ¼ turn left stepping right to the right, close left up to right, step right to the right. (9 o'clock)
- 5-6 Rock back with left, recover onto right.
- 7&8 Kick left foot forward to left diagonal, step left next to right, cross step right over left.

BACK, SIDE, CROSS. (FAST) MONTEREY ½ TURN. FLICK BACK, KICK FORWARD. FLICK BACK ¼ TURN, KICK FORWARD.

- 1-2-3 Step back with left, step right to the right, cross step left over right.
- 4& Point right to the right, make a ½ turn right stepping right next to left. (3 o'clock)
- 5-6 Flick left foot back, kick left foot forward.
- 7-8 Make a ¼ turn right flicking left foot back, kick left foot forward. (6 o'clock)

TOGETHER, STEP, PIVOT ½ TURN. BACK STEP ½ TURN, SIDE STEP ¼ TURN. JAZZ BOX ¼ TURN.

- &1-2 Step left next to right, step forward with right, pivot a ½ turn left. (12 o'clock)
- 3-4 Make a ¾ turn left stepping; back with right, side with left. (3 o'clock)
- 5-6-7-8 Cross step right over left, step back with left, make a ¼ turn right stepping forward with right, step forward with left. (6 o'clock)

Optional Arms for Section 1

- 1 Point right arm up with the upper section of the arm at shoulder level and touch left hand on the inside of your right elbow.
- 2 Reverse the arms BUT touch your right hand on the outside of your left elbow.
- 3 Point right arm forward and touch your left hand on top of your right elbow.
- 4 Swing right arm through the gap made between your arms and chest then point it forward again, left hand stays on elbow BUT ends up underneath instead.
- 5-6 Click right hand up in the air, click right fingers next to right hip.

TAG Danced once at the end of walls 2 and 6 (facing 12 o'clock), and twice at the end of wall 9 (facing 6 o'clock).

- 1-2-3-4 Rock forward with right, recover onto left, rock back with right, recover onto left.

End of Dance. Start again and Enjoy!