

# Frequency

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Karl-Harry Winson (UK) - March 2012  
音乐: Me and My Radio - Eric Saade : (CD: Saade Vol.1)



## Intro: 32 Counts (Start on Vocal)

### Side Rock. Right Cross Shuffle. Side Rock. Left Cross Shuffle

1 – 2      Rock Right to Right side. Recover weight on Left.  
3&4      Cross Right over Left. Step Left to Left side. Cross step Right over Left.  
5 – 6      Rock Left to Left side. Recover weight on Right.  
7&8      Cross Left over Right. Step Right to Right side. Cross Step Left over Right.

### Side Step. Sailor 1/4 Heel. Ball-Step. Full turn Right. Step 1/4 Cross.

1      Step Right to Right side.  
2&3      Cross Left behind Right. Step Right beside Left making 1/4 turn Left. Dig Left heel forward (9.00).  
&4      Step Left foot beside Right. Step forward on Right.  
5 – 6      Make 1/2 turn Right stepping Left back (3.00). Make 1/2 turn Right stepping Right forward (9.00).  
7&8      Step forward on Left. Pivot 1/4 turn Right. Cross step Left over Right (12.00). \*Restart here on Wall 3 (6.00).

### Side Rock. Sailor Step. Back Rock. 1/2 turn Right.

1 – 2      Rock Right to Right side. Recover weight on Left.  
3&4      Cross Right behind Left. Step Left out to Left side. Step out on Right.  
5 – 6      Rock back on Left slightly crossing behind the Right. Recover weight forward on Right.  
7 – 8      Make 1/4 turn Right stepping back on Left (3.00). Make 1/4 turn Right stepping Right to Right side (6.00).

### Side-Hold. Ball-Side-Touch. Side-Touch. 1/4 turn Left. Cross Step.

1 – 2      Step Left to Left side. Hold.  
&3-4      Step Right beside Left. Step Left to Left side. Touch Right beside Left.  
5 – 6      Step Right to Right side. Touch Left beside Right.  
7 – 8      Make 1/4 Left stepping Left to Left side (3.00). Cross Step Right over Left and slightly forward.

### Side-Behind. & Heel Jack. Hold. Ball-Cross. Side Step. Sailor 1/4 turn.

1 – 2      Step Left to Left side. Cross step Right behind Left.  
&3-4      Step Left to Left side. Dig Right heel towards Right diagonal. Hold.  
&5-6      Step Right beside Left. Cross step Left over Right. Step Right to Right side.  
7&8      Cross Left behind Right. Step Right beside Left making 1/4 turn Left. Step forward on Left (12.00).

### Side-Behind. & Heel Jack. Hold. Ball-Cross. Side Step. Right Sailor Step.

1 – 2      Step Right to Right side. Cross step Left behind Right.  
&3-4      Step Right to Right side. Dig Left heel towards Left diagonal. Hold.  
&5-6      Step Left beside Right. Cross step Right over Left. Step Left out to Left side.  
7&8      Cross Right behind Left. Step out on Left. Step out on Right.

### Cross Rock. Side Rock (Hip Sway). Behind Step. 1/4 turn Right. Forward Rock.

1 – 2      Cross Rock Left over Right. Recover weight on Right.  
3 – 4      Rock Left to Left side swaying Hips Left. Recover weight on Right.

5 – 6 Cross Left behind Right. Make 1/4 Right stepping Right forward (3.00).  
7 – 8 Rock forward on Left. Recover weight back on Right.

**Full Turn Left. Coaster Step. Walk forward X2. Kick Ball-Step.**

1 – 2 Make 1/2 turn Left stepping Left forward (9.00). Make 1/2 turn Left stepping Right back (3.00).

3&4 Step back on Left. Step Right beside Left. Step forward on Left.

5 – 6 Walk forward on Right. Walk forward on Left.

7&8 Kick Right forward. Step Right beside Left. Step forward on Left. \*Tag here at the end of Wall 1 and 4

**\*Tag (Happens at the end of Wall 1 (3.00) and 4 (9.00): Step Pivot 1/2 turn X2. Right Jazz Box.**

1 – 4 Step Right forward. Pivot 1/2 turn Left. Step Right forward. Pivot 1/2 turn Left.

5 – 8 Cross Right over Left. Step back on Left. Step Right to Right side. Cross Step Left over Right.

**\*Restart: Dance the first 2 sections of Wall 3 (16 counts) and restart the dance.**

Contact: [krazy\\_kark@hotmail.com](mailto:krazy_kark@hotmail.com) -or- [www.karlwinsondance.moonfruit.com](http://www.karlwinsondance.moonfruit.com)

---