

AK Freak

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Advanced
编舞者: Rachael McEnaney (USA) & Guyton Mundy (USA) - June 2014
音乐: I'm a Freak (feat. Pitbull) - Enrique Iglesias



Count In: 48 counts from start of track. Approx 128bpm

Choreographer's NOTE: "We choreographed this dance by request from Arizona Kid in Palavas, France where we did a workshop together in June 2014, We dedicate the dance to all the members and everyone that joined us"

[1 - 8] R ball, L cross, R tap, R press, hold 3 with lunge R, L ball, R cross, L side, L¼ turn, body dip (with arms)

- & 1 & 2 Step in place on ball of right (&), cross left over right (1), tap right slightly out to right side (&), press right to right side (2) 12.00
- 3 & 4 Lunge to right side taking upper body to right (3), step in place on ball of left (&), cross right over left (4) 12.00
- 5 6 Step left to left side (as you take right arm across body (palm facing down)) (5), make ¼ turn left by twisting heels to right (as you pull right hand in towards right shoulder) (6) easy option: no arms 9.00
- 7 8 Body dip/roll – bend both knees as if sitting down – lift bottom up as if someone pulling on top of jeans – straighten knees (this action happens over counts 7-8 and is a smooth rolling action easy option: bump hips back (7), bump hips fwd (8) weight ends left 9.00

[9 - 16] R ball, L fwd rock (option body roll), L ball, R back, R knee pop, R shoulder dip, R ball, L step, Walk R L

- & 1 2 Step ball of right next to left (&), rock forward left (option begin backwards body roll) (1), recover weight right (finish body roll) (2) 9.00
- & 3 & 4 Step ball of left next to right (&), step back right (3), pop right knee out towards 12.00 (swivel right heel) (&), return right knee & heel (4) 9.00
- & 5 Open upper body to 12.00 as you dip right shoulder back (&), return body & shoulder to 9.00 putting weight on left (5), 9.00
- & 6 7 8 Step ball of right next to left (&), step forward left (6), step forward right (7), step forward left (8) 9.00

[17 - 24] Make ¾ turn L stepping onto R whilst sweeping L, L behind-side-cross, R side rock, R behind-side-fwd

- 1 2 Make ½ turn left as you step back on right (bend R knee) and begin sweeping left leg (1), continue sweeping left making ¼ turn left (2)

Note: this is one fluid motion 12.00

- & 3 4 Cross left behind right (&), step right to right side (3), cross left over right (4) 12.00
- 5 6 Rock right to right side (almost like a press) (5), recover weight left (6), 12.00
- 7 & 8 Cross right behind left (7), step left to left side (&), step forward right (8) 12.00

[25 - 32] L & R toe press's forward with optional batucada styling, ¼ turn R, point L, L ball, R cross

- 1 2 & 3 4 Press ball of left forward (1), hold (2), step back left (&), press ball of right forward (3), hold (4)

Styling note: As you press ball of foot forward push hip forward & up, on the hold keep rotating hip outwards in order to step back

Easier option no styling: instead of thinking of it as a press think of it as just a 'toe touch' forward 12.00

- & 5 & 6 Step back right (&), press ball of left forward (5), step back left (&) press ball of right forward (6)

Styling/option note: Same action applies just at a quicker speed – push hip forward, up and round to step back. Easy option same 12.00

& 7 & 8 Make ¼ turn right stepping right to right side (&), point left toe to left side (7), step in place on ball of left (&), cross right over left (8) 3.00

[33 - 40] Side L, side R, ¼ L, fwd R, ½ turn L, ¼ turn L stepping side R, L behind, ¼ turn R

1 2 3 Step left to left side (push hip left) (1), step right to right side (push hip right) (2), make ¼ turn left stepping forward left (3), 12.00

4 5 6 Step forward right (4), pivot ½ turn left (5), make ¼ turn left stepping right to right side (6), 3.00

7 8 Cross left behind right (7), make ¼ turn right stepping forward right (8) 6.00

[41 - 48] Syncopated lock step forward, rock fwd L, walk back L-R

1 & 2 Step left forward on left diagonal (1), lock right behind left (&), step left forward on left diagonal (2) 6.00

& 3 4 Step right forward on right diagonal (&), lock left behind right (3), step right forward on right diagonal (4) 6.00

5 6 7 8 Rock forward left (5), recover weight right (6), step back left (drop left shoulder slightly) (7), step back right (drop right shoulder slightly) (8) 6.00

[49 - 56] ¼ turn L, point R, ¼ turn R, ¼ turn R as you point L, L cross-out-out, R knee roll in-out

1 2 Make ¼ turn left stepping left to left side (1), point right to right side (2) 3.00

3 4 Make ¼ turn right stepping forward right (3), make ¼ turn right as you point left to left side (4) 9.00

5 & 6 Cross left over right (5), step right to right side (slightly back) (&), step left to left side (shoulder width apart) (6) 9.00

7 8 With weight on left roll right knee in towards left (7), roll right knee out to right transferring weight right (8)

Styling option: Make the same action with your right arm, almost like a whip. 9.00

[57 - 64] L side, R crossing shuffle, ¼ turn L stepping forward L, R fwd, L ball side rock, L cross, R kick,

1 Push off right foot as you step left to left side (style option: push right hand down to right side and try step onto straight leg (1) 9.00

2 & 3 4 Cross right over left (2), step left to left side (&), cross right over left (3), make ¼ turn left stepping forward left (4) 6.00

5 & 6 Step forward right (5), rock ball of left to left side (&), recover weight right (6) 6.00

7 8 Cross left over right (7), kick right to right diagonal (8) 6.00

START AGAIN – HAVE FUN

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script. © 2014 Rachael

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