

Freak Out

拍數: 96 牆數: 2 級數: Improver
編舞者: Jennifer Jou (TW) - September 2017
音樂: Le Freak - Chic



Introduction : 2 counts - Sequence : A/B/A(16)/B/A(16)/B/B/A(16)/B(S7,S8)

[[[PART A : 32 counts]]]

Sec A1 : JUMP JACKS x 2, 1/4 TURN LEFT, (SIDE, TOUCH) x 2 (9:00)

- 1-2 Jump to land feet apart, jump to return to centre
- 3-4 Repeat above 1-2 counts
- 5-8 Make 1/4 turn left stepping RF to right side, touch LF beside RF, step LF to left side, touch RF beside LF (9:00)

Sec A2 : REPEAT Sec A1 (6:00)

Sec A3 : REPEAT Sec A1 (3:00)

Sec A4 : REPEAT Sec A1 (12:00)

[[[PART B : 64 counts]]]

Sec B1 : KICK BALL CHANGE x 2, (FORWARD, PIVOT 1/2 TURN LEFT) x 2

- 1&2 Kick RF forward, step RF beside LF, step LF in place
- 3&4 Kick RF forward, step RF beside LF, step LF in place
- 5-6 Step RF forward, pivot 1/2 turn left stepping LF in place (6:00)
- 7-8 Step RF forward, pivot 1/2 turn left stepping LF in place (12:00)

Sec B2 : BACK, DRAG, TOGETHER, FORWARD, FORWARD, 1/4 TURN LEFT & SIDE WITH ANTI-CLOCKWISE HIP-ROLL, TAP, HEEL DOWN & CLOCKWISE HIP-ROLL, TAP

- 1-2& Make a big step back on RF, drag LF toward RF, step LF beside RF
- 3-4 Step RF forward, step LF forward
- 5-6 Make 1/4 turn left stepping RF to right side as you roll hips anti-clockwise, tap left toes to left side (9:00)
- 7-8 Step down left heel and roll hips clockwise, tap right toes to right side

Sec B3 : WEAVE RIGHT, (TOUCH, TOGETHER) x 2, TOUCH AND HIP BUMPS

- 1&2& Leap to right side on RF, step LF beside RF, leap to right side on RF, step LF beside RF
- 3&4 Leap to right side on RF, step LF beside RF, step RF to right side
- 5&6& Touch LF to left side, step LF beside RF, touch RF to right side, step RF beside LF
- 7&8 Touch LF to left side and push left hip up and down

Sec B4 : WEAVE LEFT, (TOUCH, TOGETHER) x 2, TOUCH AND HIP BUMPS

- 1&2& Leap to left side on LF, step RF beside LF, leap to left side on LF, step RF beside LF
- 3&4 Leap to left side on LF, step RF beside LF, step LF to left side
- 5&6& Touch RF to right side, step RF beside LF, touch LF to left side, step LF beside RF
- 7&8 Touch RF to right side and push right hip up and down

Sec B5 : FORWARD, KICK, BACK, TOUCH, 1/2 TURN RIGHT, IN PLACE, KICK, BACK, TOUCH

- 1-4 Step RF forward, kick LF forward, step LF back, touch RF back
- 5-8 Make 1/2 turn right stepping RF in place, kick LF forward, step LF back, touch RF back (3:00)

Sec B6 : 1/4 TURN RIGHT, JAZZ BOX, SIDE WITH SHIMMY SHOULDERS x 2

- 1-4 Make 1/4 turn right stepping RF in place, cross step LF over RF, step RF back, step LF to left side (6:00)

- 5-6 Step RF to right side with shimmy shoulders in 2 counts
7-8 Step LF to left side with shimmy shoulders in 2 counts

Sec B7 : (POINT TOP RIGHT, POINT BOTTOM LEFT) x 2, TOUCH LEFT, POINT FROM LEFT TO RIGHT WHILE HIP BUMPS

- 1-2 Rock RF to right side and point right index finger to top right corner, Sway to the left and point right index finger to bottom left corner
3-4 Repeat above 1-2 counts
5-8 Touch LF to left side keeping weight on RF, point right index finger in front moving from left toward right while bump right hip 4 times

Sec B8 : (POINT TOP LEFT, POINT BOTTOM RIGHT) x 2, TOUCH RIGHT, POINT FROM RIGHT TO LEFT WHILE HIP BUMPS

- 1-2 Rock LF to left side and point left index finger to top left corner, Sway to the right and point left index finger to bottom right corner
3-4 Repeat above 1-2 counts
5-8 Touch RF to right side keeping weight on LF, point left index finger in front moving from right to left while bump left hip 4 times

Have fun and happy dancing!

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