

Freeze Out

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: OliSien (BEL) - January 2021
音樂: Tenth Avenue Freeze-Out - Bruce Springsteen



Sequence A-B-A-B-A-A-B-B-TAG-B-TAG

Part A (48 counts) Start on lyrics

S1. Rock step & Rock step, Turning Shuffle, Full 0 Turn

1-2 Rock RF fwd, recover on LF,
&3-4 Step RF in place (&) rock LF fwd, recover on RF (12:00)
5&6 ½ Turn left, LF fwd, Close, L fwd,
7-8 ½ turn step back, ½ turn step fwd Left

S2. Side, Hold & Side, Touch, Hip L & R, Shuffle ¼ Left

1-2 Step RF to the R, Hold,
&3-4 Close LF beside RF (&) Step RF to the R, Touch LF side
5-6 Hip L, hip R,
7&8 ¼ turn Left, LF fwd RF beside LF fwd

S3. Cross rock, ¼ turn R chassé, cross ¼ turn L, step back, lockstep back

1-2 Cross RF over LF, recover on LF
3&4 ¼ turn R step RF to the right making, LF next to RF, step RF to the right
5-6 Cross LF over RF making ¼ turn L, step RF back
7&8 Step LF back, RF lock before LF, step LF back

S4. Rock step back, ½ turn L with strut (x2), side rock cross

1-2 RF rock back, recover on LF
3-4 ½ Turn L with RF toe strut
5-6 ½ turn L with LF toe strut
7&8 Rock RF to R side, recover on LF, rock RF cross in front

S5. Vine L hitch + clap, vine R hitch + clap

1-2-3-4 Step LF to L, RF behind LF, step LF to side, hitch R with clap
5-6-7-8 Step RF to R, LF behind RF, step RF to side, hitch L with clap

S6. Sailor step, step down, touch & jazz box ¼ turn R, touch

1&2 Step LF behind RF, step RF to R side, step LF to LF side
3-4& Step RF down, touch LF beside & step LF down
5-6-7-8 Cross RF over L, step LF back, step RF beside making ¼ turn R, touch LF

Part B (16 counts)

S1 Cross step, hold (x2), pivot, kick ball cross

1-2-3-4 Cross LF over R, hold, cross RF over L, hold
5-6 Step LF forward, pivot ½ turn over R
7&8 LF kick forward, LF step side on ball of foot, RF cross over LF

S2 Cross step, hold (x2), pivot, kick ball cross

1-2-3-4 Cross LF over R, hold, cross RF over L, hold
5-6 Step LF forward, pivot ½ turn over R
7&8& LF kick forward, LF step side on ball of foot, RF cross over LF & step on LF

Tag (16 counts)

Vine L, hitch + clap, Vine R, hitch + clap

1-2-3-4 Step LF to L, RF behind LF, step LF to side, hitch R with clap

5-6-7-8 Step RF to R, LF behind RF, step RF to side, hitch L with clap

Jazz box (x 2)

1-2-3-4 Cross LF over R, step RF back, step LF to R, touch RF to R

5-6-7-8 Cross RF over L, step LF back, step RF to R, touch LF to R

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