

# Freak Out

COPPERKNOB  
STEPSHEETS

拍數: 80      牆數: 2      級數: Phrased Improver - Line / Contra  
編舞者: Jaszmine Tan (MY) & Sally Hung (TW) - April 2024  
音樂: Le Freak - Chic



(Option: Contra)

Intro: 2 counts after the counting 2

SOD : AAB/AB/ABBB/AA/A(8) (SECTION A: 16 counts, SECTION B: 64 counts).

## SECTION A: 16 count (CHORUS)

### A1. JUMP OUT, HOLD, BUMP R X2, BUMP L X2, WALK FORWARD R,L

&12      Step out with R, Step Out with L, Hold  
3,4      Bump to R twice  
5,6      Bump to L twice  
7,8      Walk fwd R-L

### A2. KICK BALL CHANGE, 1/4 PADDLE TURN TO L (x2), TOUCH TOE FORWARD, BACKWARD

1&2      Kick R fwd, Step R beside L, Step L in place  
3,4,5,6      Step R fwd, Pivot 1/4 turn to L on L, Step R fwd, Pivot 1/4 turn to L on L  
7,8      Touch R toe fwd, Touch L toe back

## SECTION B: 64 count

### B1. CHASSE R, CHASSE L, OUT, OUT, ANCHOR STEP

1&2      Step R to the R, Step L together, Step R to the R  
3&4      Step L to the L, Step R together, Step L to the L  
5,6,      Step R out to R diagonal fwd, Step L to the L  
7&8      Step R behind L, Step L in place, Step R in place w/ sweeping L from front to back

### B2. SAILOR STEP 1/4 TURN L, STEP, PIVOT 1/2 TURN L, SHUFFLE FORWARD R, L

1&2      Cross L behind R, turning 1/4 L step R to R, Step L fwd  
3,4      Step R fwd, Pivot 1/2 turn L  
5&6      Shuffle fwd on RLR (Roll hands in front of you)  
7&8      Shuffle fwd on LRL (Roll hands in front of you)

### B3. CROSS ROCK L-R, SWAY BODY R,L,R,R

1&2      Cross R over L, recover L, step R to R  
3&4      Cross L over R, recover R, step L to L  
5-8      Sway body to R, L, R, R (Step on R, L, R, R)

### B4. JAZZ BOX 1/4 L, TOUCH, R MAMBO FORWARD, L MAMBO BACK

1-4      Cross L over R, step 1/8 L back on R, step L to 1/8 L to L side, Touch R beside L  
5&6      Rock R fwd, Recover L, Step back on R  
7&8      Rock back on L, Recover on R, Step L fwd

### B5. SKATE R-L, DIAGONAL R FORWARD SHUFFLE, SKATE L-R DIAGONAL L FORWARD SHUFFLE

1,2,3&4      Skate R fwd R diagonal, Skate L fwd L diagonal, Fwd shuffle on RLR  
5,6,7&8      Skate L fwd L diagonal, Skate R fwd R diagonal, Fwd shuffle on LRL

### B6. TOE SWITCHES, BUMPS X4

1,2,3,4      Point R toe fwd, Step R beside L, Point L toe fwd, Step L beside R  
5,6,7,8      Weight on R doing hip bumps to R four times

**B7. WALK BACK L,R,L, TOUCH, BODY GROOVE X 4**

1,2,3,4 Walk back on L-R-L, Touch R beside L

5,6,7,8 Body groove with arms circling out

**B8. VINE R, TOUCH (CLAP), ROLLING FULL TURN L, TOUCH**

1,2,3,4 Step R to R, Step L behind R, Step R to R, Touch L (Clap) next to R

5,6,7,8 1/4 turn L stepping L fwd, 1/4 turn L stepping. back on R, 1/4 turn L stepping L to side, Touch R next to L

**Enjoy & Have Fun!**

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**Thank you.**

**Jasmine**

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