

Lil Freak Out

拍數: 32 牆數: 4 級數: Improver
編舞者: Lorenz Schmitt (DE) - May 2024
音樂: lil' Freak - bbno\$



Intro: 16 counts

Start the Dance facing 6:00 o'clock

[1-8] - Cross Behind, 1/2 Unwind R, Hold (Shoulder Shake), Side Rock R, Behind side cross L

- 1 - RF Cross behind LF
- 2 - Unwind Turn 1/2 to R keep Weight on LF (12:00)
- 3-4 - Hold and add Styling (Shoulder Shake)
- 5-6 - RF Step to right side, Recover on LF
- 7&8 - RF Cross behind LF, LF step to left side, RF Cross over LF

[9-16] - Side Rock L, Behind side cross R, Step forward, Lock, Lockshuffle forward

- 1-2 - LF Step to the left side, recover on RF
- 3&4 - LF Cross behind RF, RF Step to the right side, LF Cross over RF
- 5 - RF Step forward
- 6 - LF Lock behind RF
- 7&8 - RF Step forward, LF Lock behind RF, RF Step forward

[17-24] - Rock Step forward, Full turn L, Coaster Step, Walk forward, 1/4 Turn L

- 1-2 - LF Step forward, recover on RF
- 3&4 - Turn 1/2 to L stepping LF forward (6:00), Turn 1/2 to L stepping RF back (12:00), LF Step back
- 5&6 - RF Step Back, LF Close beside RF, RF Step forward
- 7 - LF Step forward
- 8 - Turn 1/4 L stepping RF to the right Side (9:00)

[25-32] - Sailor Step, 1/4 Sailor Turn R, 2x Turn 1/4 L, 1/4 Shuffle Turn L

- 1&2 - LF Cross behind RF, RF Close to LF, LF Step to the left side
- 3&4 - RF Cross behind LF, LF Close to RF turn 1/4 to R, RF Step forward (12:00)
- 5 - Turn 1/4 to L stepping LF forward (9:00)
- 6 - Turn 1/4 to L stepping RF back (6:00)
- 7&8 - Turn 1/4 to L stepping LF to left side, RF Close beside LF, LF Step to left side (3:00)

Start Again

At the End of the Dance do a 1/2 Shuffle Turn to the left and Pose (facing 12:00)

Feel free to add Arms and Styling, just a lil freaky.

Last Update: 16 May 2024