

Certified Freak

拍數: 48 牆數: 2 級數: Phrased Intermediate
編舞者: Jennifer Choo Sue Chin (MY) & EWS Winson (MY) - September 2024
音樂: FREAK - YUQI



Intro : 16 counts in (Approx 0.08 sec)

Sequence : A, A-, B, A, A, B, A, A-, A, B, B, A, A

Part A (32 counts)

#A1 (1-8) R-L Mashed Potatoes, R Coaster Step, L Forward, R Forward Scuff

- &1&2 Weight on LF: Swivel both heels out (&), swivel both heels in with RF slightly crossing behind LF (1), swivel both heels out (&), swivel both heels in with LF slightly crossing behind RF (2) 12.00
- &3&4 Swivel both heels out (&), swivel both heels in with RF slightly crossing behind LF (3), swivel both heels out (&), swivel both heels in with LF slightly crossing behind RF (4) 12.00
- 5&6 Step RF back (5), close LF beside RF (&), step RF forward (6) 12.00
- 7-8 Step LF forward (7), scuff R heel forward (8) 12.00

#A2 (9-16) R Diagonal Forward & R Shoulder Push X4, L Jazz Box ½ (L) with R Hitch

- 1-4 Step RF forward to R diagonal while pushing R shoulder to R side four times (1-2-3-4) – weight ends on RF 12.00
- 5-8 Cross LF over RF (5), turn ¼ L stepping RF back (6), turn another ¼ L stepping LF forward (7), lift R knee beside LF (8) *** (A-) 6.00

#A3 (17-24) R Back & L Drag, L Behind, ¼ (R) with R Side, L Side, R-L Elvis Knee

- 1-2 Step RF back dragging L toes towards RF for 2 counts (1-2) 6.00
- 3&4 Cross LF behind RF (3), turn ¼ R stepping RF to R side (&), step LF to L side (4) 9.00
- 5-8 Pop R knee inward (5), recover on R knee popping L knee inward (6), recover on L knee popping R knee inward (7), recover on R knee popping L knee inward (8) 9.00

#A4 (25-32) ¼ (L) with L Forward Shuffle, ½ (L) with R Back Shuffle, ½ (L) with L Forward Stomp, Hold, R Forward Rock & Recover

- 1&2 Turn ¼ L stepping LF forward (1), step RF next to LF (&), step LF forward (2) 6.00
- 3&4 Turn ¼ L stepping RF to R side (3), step LF next to RF (&), turn another ¼ L stepping RF back (4) 12.00
- 5-6 Turn ½ L stomping LF forward (5), hold for 1 count (6) 6.00
- 7-8 Rock RF forward (7), recover weight on LF (8) 6.00

Part B (16 counts)

#B1 (1-8) R-L Sexy Back Touches X4

- 1-4 Step RF back rolling hips from L to R (1), touch L toes forward (2), step LF back rolling hips from R to L (3), touch R toes forward (4) 12.00
- 5-8 Step RF back rolling hips from L to R (5), touch L toes forward (6), step LF back rolling hips from R to L (7), touch R toes forward (8) 12.00

#B2 (9-16) R-L Walk ½ (R), R Forward Stomp, Hold, Body Roll

- 1-4 Walk ½ R over R shoulder on RF-LF-RF-LF (1-2-3-4) 6.00
- 5-8 Stomp RF forward (5), hold for 1 count (6), do a body roll for 2 counts (7-8) 6.00

Ending: Change the last 2 counts in A4 to R Pivot ½ L for a big finish.