

# Frequently Secretly

拍數: 48      牆數: 2      級數: Easy Improver  
編舞者: Tommy G. Parker (USA) - November 2024  
音樂: Cowboys Are Frequently Secretly Fond Of Each Other - Orville Peck & Willie Nelson  
或: Love on the Brain - Rihanna  
或: Girl Crush - Little Big Town  
或: Beautiful Crazy - Luke Combs  
或: Keep Holding On - Avril Lavigne  
或: Lose Control - Teddy Swims



□ Content: This line dance was created specifically to include and celebrate how each of us love. This dance works seamlessly with the following five popular songs about love — no tags or restarts. Dance to the song that speaks to your heart:

- COWBOYS ARE FREQUENTLY SECRETLY FOND OF EACH OTHER (the 2004 version by Orville Peck & Willie Nelson)
- GIRL CRUSH (by Little Big Town)
- BEAUTIFUL CRAZY (by Luke Combs)
- LOVE ON THE BRAIN (by Rihanna)
- KEEP HOLDING ON (by Avril Lavigne)
- LOSE CONTROL (by Teddy Swims)

48 Count to a WALTZ beat (3/4 time signature).

No Tags or Restarts.

Can also be danced CONTRA (rows facing each other).

**(1-6) Shuffle forward (RLR) with ½ turn left (ccw). Shuffle back (LRL) with ½ turn left (ccw).**

1, 2, 3      FACE 12:00 — Step RF forward, making ¼ turn left (ccw) [1] — FACE 3:00. Step LF next to RF [2]. Step RF in place, making ¼ turn left (ccw) [3] — FACE 6:00.

4, 5, 6      Step LF back, making ¼ turn left (ccw) [4]. Step RF next to LF [5] — FACE 9:00. Step LF in place, making ¼ turn left (ccw) [6] — FACE 12:00.

**(7-12) Shuffle left (RLR). Coaster Step (LRL).**

1, 2, 3      FACE 12:00 — Step RF right [1]. Step LF next to RF [2]. Step RF in place [3].

4, 5, 6      Step LF back [4]. Step RF next to LF [5]. Step LF in place [6] — FACE 12:00.

**(13-18) Slide RF forward with ¼ turn left (ccw). Coaster Step (LRL).**

1, 2, 3      FACE 12:00 — Slide RF forward [1], making ¼ turn left (ccw) [2, 3] — FACE 9:00.

4, 5, 6      Step LF back [4]. Step RF next to LF [5]. Step LF forward [6] — FACE 9:00.

**(19-24) Slide RF forward with ¼ turn left (ccw). Coaster Step (LRL).**

1, 2, 3      FACE 9:00 — Slide RF forward [1], making ¼ turn left (ccw) [2, 3] — FACE 6:00.

4, 5, 6      Step LF back [4]. Step RF next to LF [5]. Step LF in forward [6] — FACE 6:00.

**(25-30) Wizard step (RLR). Wizard step (LRL).**

1, 2, 3      FACE 6:00 — Step RF forward [1]. Step LF behind RF [2]. Step RF forward [3].

4, 5, 6      Step LF forward [4]. Step RF behind LF [5]. Step LF forward [6] — FACE 6:00.

**(31-36) RF step forward. Swivel right hip forward AND both heels to the right/return. Coaster step (RLR).**

1, 2, 3      FACE 6:00 — Step RF forward [1]. Right Hip/Heel Swivel (out/in) [2, 3].

4, 5, 6      Step RF back [4]. Step LF next to RF [5]. Step RF in forward [6] — FACE 6:00.

**(37-42) LF step forward. Swivel left hip forward AND both heels to the left/return. Coaster step (LRL).**

1, 2, 3           FACE 6:00 — Step LF forward [1]. Left Hip/Heel Swivel (out/in) [2, 3].  
4, 5, 6           Step LF back [4]. Step RF next to LF [5]. Step LF in forward [6] — FACE 6:00.

**(43-48) Slide RF back. Coaster step (LRL).**

1, 2, 3           FACE 6:00 — Weight on LF, slide RF back [1]. Ease back onto RF [2, 3].  
4, 5, 6           Step LF back [4]. Step RF next to LF [5]. Step LF in forward [6] — FACE 6:00

**Start again, facing the opposite direction.**

**Last Update: 21 Jan 2025 - R2**

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