

Framed

拍數: 96 牆數: 1 級數: Intermediate
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音樂: Freeze-Frame - The J. Geils Band



RIGHT TOE HEEL STRUT, CROSS LEFT TOE HEEL STRUT, SIDE RECOVER, CROSS RIGHT TOE HEEL STRUT

1-2 Touch right toe to right side (turn body slightly right), drop right heel taking weight onto right
3-4 Cross left toe over right, drop left heel taking weight onto left
5-6 Rock right to right side, recover weight onto left
7-8 Cross right toe over left (turn body slightly left), drop right heel taking weight onto right

LEFT TOE HEEL STRUT, CROSS RIGHT TOE HEEL STRUT, SIDE ¼ TURN RIGHT, LEFT FORWARD BRUSH RIGHT

1-2 Touch left toe to left side (turn body slightly left), drop left heel taking weight onto left
3-4 Cross right toe over left, drop right heel taking weight onto right
5-6 Rock left to left side, recover weight onto right making ¼ turn right
7-8 Step left slightly forward, brush right forward

RIGHT LOCK/STEP FORWARD BRUSH LEFT, ¼ RIGHT, LEFT LOCK STEP FORWARD BRUSH RIGHT

1-2-3-4 Step right forward, lock/step left behind right, step right forward, brush left forward & make ¼ right
5-6-7-8 Step left forward, lock/step right behind left, step left forward, brush right forward

RIGHT HEEL FORWARD, HOLD, RIGHT TOE BACK, HOLD, ½ TURN RIGHT, KICK RIGHT, BACK TOUCH

1-2-3-4 Touch right heel forward, hold, touch right toe back, hold
5-6-7-8 Pivot ½ right taking weight onto left, kick right forward, step right back, touch left beside right

LEFT LOCK/STEP FORWARD, BRUSH RIGHT ¼ LEFT, LOCK/STEP FORWARD, BRUSH LEFT

1-2-3-4 Step left forward, lock/step right behind left, step left forward, brush right forward
5-6-7-8 Make ¼ left & step right forward, lock/step left behind right, step right forward, brush left forward

LEFT HEEL FORWARD, HOLD, LEFT TOE BACK, HOLD, ¼ LEFT HOLD, CROSS/ROCK RECOVER

1-2-3-4 Touch left heel forward, hold, touch left toe back, hold
5-6-7-8 Pivot ¼ left (taking weight onto left), hold, cross/rock right over left, recover weight back on left

¼ RIGHT, HOLD, LEFT FORWARD, PIVOT ½ RIGHT, LEFT FORWARD, HITCH, TOUCH BACK, SIDE

1-2-3-4 Make ¼ turn right & step forward on right, hold, step left forward, pivot ½ turn right taking weight onto right
5-6-7-8 Step left forward, hitch right knee beside left, touch right toe back, touch right toe to right side

RIGHT CROSS/STEP, HOLD, ¼ RIGHT, HOLD, COASTER STEP, HOLD

1-2-3-4 Cross/step right over left, hold, step left to left side making a ¼ turn right, hold
5-6-7-8 Step right back, step left beside right, step right forward, hold

LEFT FORWARD, PIVOT ½, LEFT FORWARD, HOLD, RIGHT FORWARD, PIVOT ¾, RIGHT SIDE, HOLD

1-2-3-4 Step left forward, pivot ½ turn right (weight on right), step left forward, hold
5-6-7-8 Step right forward, pivot ¾ turn left (weight on left), step right to side, hold

LEFT BEHIND SIDE CROSS, HOLD, SIDE ROCK, ¼ LEFT, RIGHT FORWARD, HOLD

- 1-2-3-4 Step left behind right, step right to right side, cross/step left over right, hold
5-6-7-8 Rock right to right side, rock recover weight onto left turning a ¼ left, step right forward, hold

CROSS, HOLD, BACK, HOLD, ¼ LEFT, HOLD, FORWARD, HOLD (JAZZ BOX ¼ TURN LEFT)

- 1-2-3-4 Cross/step left over right, hold, step right back, hold
5-6-7-8 Make ¼ turn left & step left forward, hold, step right slightly forward, hold

CROSS, HOLD, BACK, HOLD, ¼ LEFT, HOLD (JAZZ BOX ¼ TURN LEFT), RIGHT FORWARD, PIVOT ½ TURN LEFT

- 1-2-3-4 Cross/step left over right, hold, step right back, hold
5-6-7-8 Make ¼ turn left & step left forward, hold, step right slightly forward, pivot ½ turn left (weight on left)

REPEAT

TAG

At the end of walls 2,3 & 4:

SIDE, SIDE, HOLD, HOLD, ¼ LEFT BACK, FORWARD, HOLD HOLD, ¼ LEFT SIDE, SIDE, HOLD, HOLD, ¼ LEFT BACK, FORWARD, HOLD HOLD, ¼ PIVOT, HOLD, HOLD, HOLD, FREEZE, HOLD, HOLD, HOLD

- 1-2-3-4 Step right to right side, step left to left side, hold, hold (keep weight on right)
5-6-7-8 Make a ¼ turn left and step left back, step right forward, hold, hold
1-2-3-4 Make a ¼ turn left and step left to left side, step right to right side, hold, hold
5-6-7-8 Make a ¼ turn left and step left back, step right forward, hold, hold
1-2-3-4 Pivot ¼ turn left, hold, hold, hold
5-6-7-8 Pose/freeze and hold (ad lib)

When you have completed the above tag on wall 3 do the following:

BOTH ARMS UP, BOTH ARMS DOWN, LEAN RIGHT GREASE LIGHTNING ARM SWINGS

- 1-16 Raise both arms up for 8 counts, brings arms down for 8 counts
17-32 Lean into right with left arm straight out facing ¼ left (looking left), swing right arm to the right slowly for 4 counts and then in double time for 4 counts (Grease Lightning arms)
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