

Freak It

COPPER KNOB
BY STEPHEN METZ

拍數: 64 牆數: 4 級數: Advanced
編舞者: Junior Willis (USA)
音樂: Freakin' It - Will Smith



(RIGHT) KICK, (LEFT) KICK, (RIGHT) KICK, (RIGHT) KICK WITH ½ TURN, (RIGHT) KICK, (LEFT) KICK, (RIGHT) KICK, (RIGHT) KICK WITH ½ TURN

- 1 Kick right leg forward
- 2 Kick left leg forward
- 3 Kick right leg forward
- 4 Kick right leg forward turning ½ to left (leg will be upside down while kicking)
- 5 Kick right leg forward
- 6 Kick left leg forward
- 7 Kick right leg forward
- 8 Kick right leg forward turning ½ to left (leg will be upside down while turning)

JUMP FEET APART, (LEFT) HOP LIFT RIGHT, (RIGHT) STEP, HEELS OUT IN OUT, (LEFT) STEP, (RIGHT) STEP, RUB BUTT TWICE

- 1 Jump with both feet out shoulder width apart
- & Hop on left foot while hitching right leg
- 2 Step right foot forward
- 3-4 Twist both heels out, in, out
- 5 Step left foot out to left side (shoulder width)
- 6 Step right foot out to right side (shoulder width)
- 7-8 2-count circular motion behind the butt with both hands

2 COUNT RUNNING MAN ON RIGHT, 2 COUNT RUNNING MAN ON LEFT, (RIGHT) WIPE SWEAT, (RIGHT) TWIST HEEL OUT, IN, OUT

- 1 Step right foot in front of left
- & Step on ball of left foot in place
- 2 Step right foot next to left
- 3 Step left foot in front of right
- & Step on ball of right foot in place
- 4 Step left foot next to right
- 5 Place right hand (flat position) on left of forehead
- & Pull right out across forehead to outside of head
- 6 Flip right hand out to right side while coming up on the ball of right foot
- 7-8 Twist right heel out, in, out

(RIGHT) ¼ PIVOT ON THE BALL OF RIGHT, (RIGHT) HEEL, (RIGHT) TOE, (RIGHT) HEEL, (LEFT) ½ TURN ROLLING HIPS, (RIGHT) KICK-BALL-CHANGE

- 1 Spinning on the ball of right foot, turn ¼ to the right
- 2 Place right heel forward slightly leaning the body back
- 3 Tap right toe in back slightly leaning the body forward
- 4 Place right heel forward slightly leaning the body back
- 5-6 While placing right ball on floor, roll hips in to the left motion twice while making a ½ turn to the left (weight ending on left)
- 7 Kick right foot forward
- & Place ball of right next to left
- 8 Step left next to right

(RIGHT) HEEL, (RIGHT) BALL, (LEFT) CROSS, (RIGHT) BALL, (LEFT) HEEL, (LEFT) BALL, (RIGHT) CROSS, (LEFT) BALL, (RIGHT) HEEL, (RIGHT) BALL, (LEFT) CROSS, (RIGHT) BALL, (LEFT) BEHIND, (RIGHT) BALL, (LEFT) STEP

- 1 Place right heel out to right side
- & Place ball of right foot in place
- 2 Cross step left foot in front of right
- & Place ball of right foot out to right side
- 3 Place left heel out to left side
- & Place ball of left foot in place
- 4 Cross step right foot in front of left
- & Place ball of left foot out to left side
- 5 Place right heel out to right side
- & Place ball of right foot in place
- 6 Cross step left foot in front of right
- & Place ball of right foot out to right side
- 7 Cross step left foot behind right
- & Place ball of right foot out to right side
- 8 Step left foot next to right

(RIGHT) STEP, (LEFT) SLIDE, (RIGHT) BALL, (LEFT) HEEL, (LEFT) BALL, (RIGHT) STEP, (LEFT) STEP, (RIGHT) SLIDE, (LEFT) BALL, (RIGHT) HEEL, (RIGHT) BALL, (LEFT) STEP

- 1 Step right foot forward at 2:00
- 2 Slide left foot up to meet right
- & Place ball of right foot straight back
- 3 Place left heel forward (while punching right fist forward)
- & Place ball of left foot to home position
- 4 Step right foot next to left
- 5 Step left foot forward at 10:00
- 6 Slide right foot up to meet left
- & Place ball of left foot straight back
- 7 Place right heel forward (while punching left fist forward)
- & Place ball of right foot to home position
- 8 Step left foot next to right

(RIGHT) WALK, (LEFT) WALK, LOOK LEFT, LOOK FORWARD, "GENIE ARMS"

- 1 Step right foot forward
- 2 Step left foot forward
- 3 Hold
- & Look to the left
- 4 Look forward
- 5 Place arms left on top of right with right hand on left bicep and left hand on right bicep
- & Take forearms up to smack the back of both hands together
- 6 Take arms back to position 1 (count 5)
- & Straighten both arms straight out while smacking the back of both hands together
- 7 Take arms back to position 1
- & Take forearms up to smack the back of both hands together
- 8 Clap hands together

PULL ARMS RIGHT, PULL LEFT, PULL DOWN, PULL DOWN, PULL ARMS RIGHT, PULL LEFT, PULL DOWN, PULL DOWN

- 1 (Leaving hands in clapped position) raise right elbow to be even with right shoulder, pull arms to the right
- 2 Raise left elbow to be even with left shoulder, pull arms to the left
- 3-4 With both hands in fist position out to sides, pull both arms down twice

5-8

Repeat 1-4

REPEAT
