

Freak Out

拍數: 32 牆數: 4 級數: Improver
編舞者: Darren Bailey (UK) & Roy Verdonk (NL)
音樂: Le Freak - Chic



WALK TWICE, ANCHOR STEP, TOUCH LEFT BACK, ½ TURN, WALK TWICE

- 1-2 Step forward on right foot, step forward on left foot
- 3&4 Lock right foot behind left foot & step left foot in place, step back on right foot
- 5-6 Step left foot next to right foot, make a ½ turn left with both feet together
- 7-8 Step forward on right foot, step forward on left foot

JUMP OUT, HOLD, KNEE IN, OUT, COASTER STEP, STEP FORWARD ½ TURN

- &1-2& Step out with right foot, step out with left foot, hold
- 3-4 Bend right knee in, point right knee out making a ¼ right
- 5&6 Step right foot back & step left foot next to right foot, step forward on right foot
- 7-8 Step forward on left foot, make a ½ turn right (ending with weight on right foot)

WALK TWICE, ANCHOR STEP WITH A ½ TURN, BOOGIE WALKS X4

- 1-2 Step forward on left foot, step forward on right foot
- 3&4 Step left foot behind right foot, & make a ¼ turn left stepping right foot to right side, make a ¼ left stepping forward on left foot
- 5-6 Step forward on right foot, bending both knees to right, step forward on left foot bending both knees to left
- 7-8 Step forward on right foot, bending both knees to right, step forward on left foot bending both knees to left

JUMP OUT, POP RIGHT, LEFT, SAILOR STEP, TOUCH LEFT BACK ½ TURN, FULL TURN

- &1-2& Jump both feet shoulder width apart, pop right shoulder to right side, pop left shoulder to left side
- 3&4 Step right foot behind left foot & step left foot to left side, step right foot to right side
- 5-6 Touch left toe back, make a ½ turn to the left (weight ending on left foot)
- 7-8 Make a ½ turn left stepping back on right foot, make a ½ turn left stepping forward on left foot

REPEAT
