

Freak Your Finger

拍數: 32 牆數: 2 級數: Beginner line/contra dance
編舞者: David Marsh (IRE) & Jack Healy (UK)
音樂: Black Suits Comin' (Nod Ya Head) - Will Smith & TRÂ-Knox



A very easy, fun, "do what you want" kind of dance, just follow the basic foot pattern. It all started with the two lads fooling around on the dance floor and people just started following, unbeknownst to them !
Step sheet prepared by Lisa Mooney (Eire)

RIGHT SHIMMY TOGETHER CLAP, LEFT SHIMMY TOGETHER CLAP

- 1-2 Step right foot to right side as you bend knees slightly, shimmy or move up/down shoulders or nod your head
- 3-4 Slide or step left foot beside right foot as you straighten up, clap
- 5-6 Step left foot to left side as you bend knees slightly, shimmy shoulders or move up/down shoulders or nod your head
- 7-8 Slide or step right foot beside left foot as you straighten up, clap

FINGER MOVEMENT, FORWARD RIGHT/LEFT, BACK RIGHT/LEFT

- 9-12 Standing feet together, bring right hand in a fist up in front of body, pointing right finger up.
For 4 counts dance only your finger in "night fever" style, pointing to left, then up, left and up.

Move body to beat of music if you like, as you do this

- 13-14 Step forward on right heel, step forward on left heel, shoulder width apart
- 15-16 Step back in place on right foot, step back in place on left foot bringing feet together

HIP BUMPS AND THRUSTS

- 17-18 Step right foot slightly to right side, thrust hips to right diagonal as you push arms up then down by hips, then step left foot slightly to left side, thrust hips to left diagonal as you push arms up then down by hips
- 19-20 Touch right to right side, thrust hips and arms then step right to right side, thrusting hips and arms
- 21-22 Step left foot slightly to left side, thrust hips to left diagonal as you push arms up then down by hips, then step right foot slightly to right side, thrust hips to right diagonal as you push arms up then down by hips
- 23-24 Touch left to left side, thrust hips and arms then step left to left side, thrusting hips and arms

TWO ¼ PIVOTS LEFT, WALK FORWARD, WAVING ARMS WITH A YELL

- 25-26 Step forward on right foot, ¼ pivot to left
- 27-28 Step forward on right foot, ¼ pivot to left, completing a half turn
- 29-32 Walk forward right, left, right, step left together, while waving arms, palms facing out, up and down in front of body in the air, as you scream out loud "ahhhhhh" or whatever takes your fancy

REPEAT