Freakin' With Me

拍數: 32

級數: Intermediate hip hop



編舞者: Todd Lescarbeau (USA)

音樂: Dance With Me - 112

KICK-STEP-TOUCH, KICK-STEP-TOUCH, STEP SLIDE, ¼ TURN STEP SLIDE

- 1&2 Kick right forward, step in place, touch left toe back
- 3&4 Kick left forward, step in place touch right toe back
- 5-6 Take a large step to side right with right foot, touch left beside right
- 7-8 Turning ¹/₄ to right take a large step to side left with left, touch right beside

SCUFF-STEP ½ TURN LEFT, TOUCH. LOCK-STEP, SIDE-ROCK ¼ TURN LEFT, ½ TURNING TRIPLE

- 1&2 Scuff right forward, step right forward turning ½ to left, touch left forward
- 3&4 Step forward on left, lock right behind, step forward on left
- 5-6 Rock to side right, recover on left turning ¼ to left
- 7&8 Step side right while turning ¼ left, close left beside right, turn ¼

You should now be facing your starting wall

DIAGONAL REVERSE LOCK, BALL-CROSS, STEP BACK ON RIGHT, ROCK BACK ON LEFT, RECOVER TURNING ¼ RIGHT, SIDE TRIPLE

- 1&2 Step back diagonal left on left, cross right over (lock), step back diagonal on left
- &3-4 Step back on diagonal on ball of right foot, cross left over, step back on right
- 5-6 Rock back on left foot, recover on right turning 1/4 to right
- 7&8 Step left to side left, close right beside, step left to side left

1/2 TURNING SAILOR STEP, 1/2 PIVOT TURN, PRESS -STEP- KICK, COASTER STEP

- 1&2 Step behind left with right while turning ¼ to right, step to side with left, turning ¼ to right step forward on right
- 3-4 Step left foot forward, pivot ½ turn to right
- 5&6 Step forward on left "pressing" into floor (heel should be slightly raised), recover onto right foot, kick left forward
- 7&8 Step back on left, step back on right, step forward on left

REPEAT

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On the 6th wall, the lyrics will say "if you're sexy and you know it clap your hands"

- 1-4 Rock forward on right foot, recover, rock back on right, recover
- 5 Step forward on right
- 6-8 Clap hands in rhythm with claps in song a total of 6 claps

Count claps as "slow quick quick quick slow slow"

- 9-12 Rock forward on left foot, recover, rock back on left, recover
- 13 Step forward on left
- 14-16 Repeat claps

("Slow quick quick quick slow slow")

- 17-24 Step slide right, ¼ right step slide left, ¼ turn right, ¼ right, rock side left, recover
- 25-32 Repeat left rock sequence (9-16)

Start at beginning of dance until song ends

