

Freddie

拍數: 72 牆數: 0 級數:
編舞者: Albert Butler
音樂: Do the Freddie - Freddie & The Dreamers



HAPPY FEET

- 1 Left foot step left, lean body forward, and drop hands to sides
- 2 Right foot step to close to left foot, straighten body, and leave hands down at sides
- 3 Left foot step to left, and lean body forward
- 4 Right foot kick in front of left leg forward and to the left (keep leg straight), straighten body upright, and extend hands and arms straight out to the sides from the shoulders
- 5 Right foot step right, lean body forward, and drop hands to the sides
- 6 Left foot step to close to right foot, straighten body, and leave hands down at sides
- 7 Right foot step to right, and lean body forward
- 8 Left foot kick in front of right leg forward and to the right (keep leg straight), straighten body upright, and extend hands and arms straight out to the sides from the shoulders

- 9 Left foot step left, lean body forward, and drop hands to sides
- 10 Right foot step to close to left foot, straighten body, and leave hands down at sides
- 11 Left foot step to left, and lean body forward
- 12 Right foot kick in front of left leg forward and to the left (keep leg straight), straighten body upright, and extend hands and arms straight out to the sides from the shoulders
- 13 Right foot step right, lean body forward, and drop hands to the sides
- 14 Left foot step to close to right foot, straighten body, and leave hands down at sides
- 15 Right foot step to right, and lean body forward
- 16 Left foot kick in front of right leg forward and to the right (keep leg straight), straighten body upright, and extend hands and arms straight out to the sides from the shoulders

- 17 Left foot step left, lean body forward, and drop hands to sides
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- 19 Left foot step to left, and lean body forward
- 20 Right foot kick in front of left leg forward and to the left (keep leg straight), straighten body upright, and extend hands and arms straight out to the sides from the shoulders
- 21 Right foot step right, lean body forward, and drop hands to the sides
- 22 Left foot step to close to right foot, straighten body, and leave hands down at sides
- 23 Right foot step to right, and lean body forward
- 24 Left foot kick in front of right leg forward and to the right (keep leg straight), straighten body upright, and extend hands and arms straight out to the sides from the shoulders

LIMEY BOP

- 25 Left foot step to close to right foot, and right fist is held straight up on the right side
- 26 Knees bend and spread, and right hand drops down to side
- 27 Knees close and body straightens, and left fist is held straight up on the right side
- 28 Knees bend and spread, and left hand drops down to side
- 29 Left foot step to close to right foot, and right fist is held straight up on the right side
- 30 Knees bend and spread, and right hand drops down to side
- 31 Knees close and body straightens, and left fist is held straight up on the right side
- 32 Knees bend and spread, and left hand drops down to side

FREDDIE

- 33 Left foot step forward, lean forward, and right arm swings forward

34 Right foot kick backward bending knee, and left arm swings backward
35 Right foot step to right bending knee, lean right, and right arms swings down towards floor
36 Left foot kick to left side keeping leg straight, and left arm swings out to left side
37 Left foot step to left bending knee, lean left, and left arm swings down towards floor
38 Right foot kick to right side keeping leg straight, and right arm swings out to right side
39 Right foot step to right bending knee, lean right, and right arms swings down towards floor
40 Left foot kick to left side keeping leg straight, and left arm swings out to left side

41 Left foot step forward, lean forward, and swing right arm forward
42 Right foot kick backward bending knee, and swing left arm backward
43 Right foot step to close to right foot
44 Hands drop to sides
45 Head tilt left
46 Head tilt right
47 Head tilt left
48 Head tilt right

SWINGIN' BEAT

49 Left foot step backward
50 Right heel touch forward with straight leg, lean forward, and clap

Style note: start the clap with one hand straight down and one hand straight up, switch their positions and clap as they pass

51 Right foot leap forward, kick left leg backward bending at knee, and hold clenched fists at shoulder width and chest high

52 Left foot leap forward, kick right leg backward bending at knee, and hold clenched fists at shoulder width and chest high

53 Right foot step backward

54 Left heel touch forward with straight leg, lean forward, and clap

Style note: start the clap with one hand straight down and one hand straight up, switch their positions and clap as they pass

55 Left foot leap forward, kick right leg backward bending at knee, and hold clenched fists at shoulder width and chest high

56 Right foot leap forward, kick left leg backward bending at knee, and hold clenched fists at shoulder width and chest high

57 Left foot step backward

58 Right heel touch forward with straight leg, lean forward, and clap

Style note: start the clap with one hand straight down and one hand straight up, switch their positions and clap as they pass

59 Right foot leap forward, kick left leg backward bending at knee, and hold clenched fists at shoulder width and chest high

60 Left foot leap forward, kick right leg backward bending at knee, and hold clenched fists at shoulder width and chest high

61 Right foot step backward

62 Left heel touch forward with straight leg, lean forward, and clap

Style note: start the clap with one hand straight down and one hand straight up, switch their positions and clap as they pass

63 Left foot leap forward, kick right leg backward bending at knee, and hold clenched fists at shoulder width and chest high

64 Right foot leap forward, kick left leg backward bending at knee, and hold clenched fists at shoulder width and chest high

65 Left foot step backward

66 Right heel touch forward with straight leg, lean forward, and clap

Style note: start the clap with one hand straight down and one hand straight up, switch their positions and

clap as they pass

- 67 Right foot leap forward, kick left leg backward bending at knee, and hold clenched fists at shoulder width and chest high
- 68 Left foot leap forward, kick right leg backward bending at knee, and hold clenched fists at shoulder width and chest high
- 69 Right foot step backward
- 70 Left heel touch forward with straight leg, lean forward, and clap

Style note: start the clap with one hand straight down and one hand straight up, switch their positions and clap as they pass

- 71 Left foot leap forward, kick right leg backward bending at knee, and hold clenched fists at shoulder width and chest high
- 72 Right foot leap forward, kick left leg backward bending at knee, and hold clenched fists at shoulder width and chest high

REPEAT
