

Freek U

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Francien Sittrop (NL)
音樂: Freek U - Bon Garçon



RIGHT KICK BALL STEP TWICE, ROCK, RECOVER, COASTER STEP

1&2 Kick right diagonal right forward, step right next to left, step left forward
3&4 Kick right diagonal right forward, step right next to left, step left forward
5-6 Rock right forward, recover on left
7&8 Step right back, step left next to right, step right forward

STEP, LOCK, STEP, LOCK STEP DIAGONAL FORWARD, STEP FORWARD, ½ TURN STEP, ½ TURN, TOUCH

1-2 Step left diagonal left forward, cross right behind left
3&4 Step left diagonal left forward, cross right behind left, step left diagonal left forward
5-6 Step right forward, make ½ turn left
7&8 Step right forward, make ½ turn left, touch right next to left

SKATE OUT, SKATE OUT, IN, IN, RIGHT STEP FORWARD, ½ TURN RIGHT, WITH HITCH HIP SWAYS

1-2 Skate right to right side (roll right shoulder up), skate left to left side (roll left shoulder up)
3-4 Right step back and in (roll right shoulder down), left step back and in (roll left shoulder down)
5-6 Step right forward, make on ball of right ½ turn right and hitch left knee
7&8 Step left to down en push hip to the left, right, left (weight ends on left)

RIGHT DIAGONAL STEP, TOUCH, LEFT, DIAGONAL SHUFFLE TWICE

1-2 Step right diagonal right forward, touch left next to right
3&4 Step left diagonal left forward, step right next to left, step left diagonal left forward
5-6 Step right diagonal right forward, touch left next to right
7&8 Step left diagonal left forward, step right next to left, step left diagonal left forward

RIGHT STEP FORWARD, LEFT, TOUCH SIDE, CROSS, ¼ TURN BACK, SIDE, FORWARD HIP SWAYS

1-2 Step right forward, touch left to left side
3-4 Step left across right, step right back with ¼ turn left
5-6 Step left to left side, right step forward
7-8 Step left to left side and sway hips left, right, left (3)

FULL TURN LEFT,, CHASSE, CROSS, ¾ TURN RIGHT,, CHASSE ¼ LEFT

1-2 Make ½ left stepping back on right, make ½ turn left stepping forward on left
3&4 Step right to right side, step left next to right, step right to right side
5-6 Step left across right, make ¾ turn right
7&8 Step left to left side, right next to left, step left to left side with ¼ turn left

RIGHT MAMBO FORWARD, LEFT, MAMBO BACK, RIGHT, TOUCH FORWARD, TOUCH SIDE, TOUCH BACK, ½ TURN RIGHT

1&2 Rock right forward, recover on left, step right back
3&4 Rock left back, recover on right, step left forward
5-6 Touch right forward, touch right to right side
7-8 Touch right back, make ½ turn right (weight on right)

LEFT SIDE MAMBO, RIGHT, SIDE MAMBO, HIP SWAYS

1&2 Rock left to left side, recover on right, step left next to right
3&4 Rock right to right side, recover on left, step right next to left

5-6 Step left step to left and push hip to left, push hip to right side
7&8 Push hips left, right, left (weight ends on left)

REPEAT
