

Freeze Frame

拍數: 0 牆數: 1 級數: Intermediate
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音樂: Freeze-Frame - The J. Geils Band



Sequence: AAB, ABC, AB, AA

PART A

SYNCOPATED FORWARD ROCK STEPS WITH ½ PIVOT WALK WALK

1&2& Step right forward, rock left side left, step right center, step left forward
3&4& Rock right side right, step left center, step right forward, step left forward
5-6-7-8 Step right forward, pivot ½ left, weight left, walk right forward, walk left forward

REPEAT 1-8, SYNCOPATED FORWARD ROCK STEPS WITH ½ PIVOT WALK WALK

1&2& Step right forward, rock left side left, step right center, step left forward
3&4& Rock right side right, step left center, step right forward, step left forward
5-6-7-8 Step right forward, pivot ½ left, weight left, walk right forward, walk left forward

TOUCH 4 X, CROSS BACK, SYNCOPATED VINE LEFT

1-4 Touch right forward, touch right back, touch right forward, touch right back
Touch forward to the left diagonal and touch back to the right diagonal
5-6 Cross right over left, step back on left
&7&8& Step right back/side right, step left in front of right, step right side right, step left behind right, step right side right

TOUCH 4 X, CROSS BACK, SYNCOPATED VINE RIGHT

1-4 Touch left forward, touch left back, touch left forward, touch left back
Touch forward to the right diagonal and touch back to the left diagonal
5-6 Cross left over right, step back on right
&7&8& Step left back/side left, step right in front of left, step left side left, step right behind left, step left side left

CROSS UNWIND, ¾ TURN, MAMBO LEFT, KICK, BALL, CHANGE

1-4 Cross right over left, unwind left for a ¾ turn, lift & replace the heels 3 times as you turn (weight on right)
5&6 Step left side left, step right in place, step left next to right
7-8 Kick right forward, step on ball of right, step left slightly forward

STEP ½ TURN, COASTER, STEP ¾ TURN, COASTER

1-2-3&4 Step right forward, turn ½ right stepping back on left, step right back, step left next to right, step right forward
5-6-7&8 Turn ¼ left onto left, turn ½ left stepping back on right, step left back, step right next to left, step left forward

PART B

FREEZE FRAME: STEP, HOLD, ½ PIVOT HOLD, REPEAT, JAZZ BOX

1-8 Step right forward, hold (snap a picture), pivot ½ left onto left, hold (snap a picture) repeat counts 1-4
9-12 Cross right in front of left, step left back, step right center, step left slightly forward

PART C

HEELS & HEEL & CROSS SIDE BEHIND ¼ TURN LEFT, REPEAT 3 MORE TIMES

1&2& Touch right heel forward, step right center, touch left heel forward, step left slightly back

