

Freaky Skillz

拍數: 64 牆數: 2 級數: Intermediate - Advanced
編舞者: Shaz Walton (UK) - October 2007
音樂: Get Freaky (feat. Pitbull) - Play-N-Skillz



Count in:- 32 - on the lyrics "one on one"

Side. Hold. Ball cross. Hold. Side. Cross. Side. Push forward. Push back.

- 1-2 Step right to right side. Hold
- &3-4 Step left beside right. Cross right over left. Hold.
- &5-6 Step left to left side. Cross right over left. Step left to left side.
- 7-8 Push both hips forward. Push both hips back (to the lyrics "having some fun!") J

Ball forward. Hold. Rock. Replace. Funky walks back x4

- &1-2 Step left beside right. Step forward right. Hold (use your hips here- roll em!)
- &3-4 Step left beside right. Rock forward right. Replace on left.
- 5-6 Step back right. (Upper body facing left diagonal front) step back left (upper body face right diagonal front)
- 7-8 Step back right. (Upper body facing left diagonal front) step back left (upper body face right diagonal front)

(The upper body in the last 4 counts should move smoothly, making full use of shoulders & leaning back slightly. Mash potato steps can also replace this section.)

Side. Push. Recover. Side. Push. Recover. Step. Rock. Replace. Step back. ½ turn left.

- 1-2 Step right to right side pushing right hip to right with a slight clockwise circle. Replace weight onto left.
- &3-4 Step right beside left. Step left to left side pushing left hip to left with a slight anti clockwise circle. Replace weight onto right.
- &5-6 Step left beside right. Rock forward on right. Replace onto left.
- 7-8 Step back on right. Make ½ turn left stepping forward left.

Spin ½ . Side rock. Recover. (Box) forward. ¼ cross. Back ¼. Side. Side ½.

- 1-2 On ball of left foot. Spin ½ turn left stepping right down. Rock out to left with left foot.
- 3-4 Replace weight on right. Step left forward.
- 5-6 Make ¼ right crossing right over left. Step left back making ¼ right.
- 7-8 Step right to right side. Make ½ right stepping left to left side. When doing the box left your upper body go with it – leaning forward & circling your upper body

Side. Sailor ¼ left. ¼ pivot right. Sit. Hip push forward. Hip push back. Hip roll ¼ anti-clockwise. Sit.

- 1 Step right to right side.
- 2&3 Cross step left behind right. Make ¼ left stepping right to right side. Step left forward.
- 4 Pivot ¼ turn right (weight on left. sit over left hip)
- 5-6 Push right hip to right diagonal bending right knee, just resting toes of right foot on floor. Push left hip back, sitting over left hip.
- 7&8 circle hips anti clockwise a full rotation making ¼ turn left (7&) sit over left hip turning slightly to left diagonal (8) (weight ends on right foot)

Step. Kick forward. Kick back. ½ turn right. Cross. Back bump. Side. Forward.

- 1 step left forward.
- 2-3-4 Kick right forward. Kick right back. Make ½ pivot turn right on ball of left keeping right raised.

5-6-7-8 Cross right over left. Step left back- (pushing bottom out). Step right to right side. Step left forward

Cross. Full unwind. Lunge or push forward. Recover. Side. Hold. Ball dip cross. ¼ right.

1-2 Cross touch right over left. Unwind full turn left dropping weight onto right foot. (Your feet will be crossed now, with left over right) optional arms- on the cross- lean forward- splay your arms out with elbows bent & facing up)

3-4 Step left forward and lunge forward pushing chest out & arms back. Recover onto right. (If you're not comfortable with this. Just push your left hip forward.)

5-6 Step left to left side. Hold.

&7-8 Step right beside left. Cross left over right as you bend both knees & dip. Step right forward making a ¼ turn right.

Rock. Recover. Ball. Forward. ½ pivot. Roll ½ turn left. Push. Cross.

1-2 Rock forward left. Recover on right.

&3-4 Step left beside right. Step forward right. Make ½ turn left.

5-6 Cross right over left. Make ½ turn left circling your hips anti clockwise (weight ends on right)

7-8 Touch left to left as you push left hip out. Cross left over right.

Restarts- 2 !(sorry)-

First restart- 3rd wall- dance up to count 32 and restart the dance again – you will be facing the front. Start on lyrics “one on one”

Second restart- 6th wall- dance up to count 32 and restart the dance again – you be facing the front. Start on lyrics “one on one”

Add what you like,

Make it comfortable for YOU.

Have fun & GET FREAKY!
