

# Freaked Out

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Zac Detweiller (USA) - March 2008  
音樂: See You Again - Miley Cyrus



**Intro: 32 Counts, right after she says "never be tamed" (Tag on wall 10)**

## **Step, Rock Recover, Step back, ½ turn Left, 2- touch ¼ turns, Cross**

1,2,3,4      Step forward on Left, Rock forward on Right, Recover weight Left, Step back on Right.  
5,6,7,8      Make a ½ turn Left stepping Left forward, Make a ¼ turn Left touching Right toe to Right,  
Make another ¼ turn Left touching Right toe to Right, Cross Right over Left. (Facing 12 O'clock)

## **½ turn into extended side shuffle, Rock Recover, shuffle ½ turn**

1,2      Make a ¼ turn Right stepping back on Left, Make another ¼ turn Right stepping Right to side  
(facing 6 O'clock)  
&3&4      Step Left beside Right, Step Right to Right, Step Left beside Right, Step Right to Right  
5,6      Rock forward on your Left foot, Recover weight back to Right  
7&8      Make a ¼ turn Left stepping forward on Left, Step Right beside Left, Make a ¼ turn Left  
stepping Left forward (Facing 12 O'clock)

## **Hip Bumps, Cross Rock Recover, Step Side, Cross**

1,2,3&4      Bump hips to the Right, Left, Right Left Right  
5,6,7,8      Cross rock Left foot over Right, Recover weight Right, Step Left to Left side, Cross Right over  
Left

## **¼ turn Right, ¼ Turn Right, Forward, Touch, Modified Reverse paddle turn, Hold, Step**

1,2,3,4      Step Back on Left making a ¼ turn Right, Step Right to side making a ¼ turn Right, Step  
forward on Left, Touch Right out to Right Side. (facing 6 O'clock)

**Note on cts 5-7: This turn is a reverse paddle turn. You will be turning over your shoulder (leading with your back), not toward your body (leading with your chest) like you normally would. Hint: when you touched on ct 4, the wall you stop at will be on your left!**

5,6,      Make a ¼ turn Right touching your Right toe to Right side, Make a ¼ turn Right touching your  
Right toe to Right side  
7,8&      Make a ¼ turn Right touching your Right toe to Right side, Hold Count 8, Step Right foot  
beside Left

**Start again!**

## **Tag: On Wall 10 after 3rd set of 8.**

1,2,3,4      Make a ¼ turn Right stepping Left to side, hold 3 cts (6 wall)  
5,6,7,8      Make a ¼ turn Right stepping Right to Right, Hold 3 cts  
1,2,3,4      Make a ¼ turn Right stepping Left to Left, Hold 3cts (12 wall)  
5,6,7,8      Make a ½ turn Right Stepping Right to Right, hold 3cts. (6 wall)

**To start the dance again facing the 12 O'Clock wall, Make a ½ turn to Right Stepping Left forward on Count 1**

**Special Thanks to: Michelle for helping me during my 3am mental block!!**