

Freakin' It

拍數: 0 牆數: 1 級數: Phrased Advanced
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音樂: Freakin' It - Will Smith : (CD: Willennium)



Start dancing on lyrics

Sequence: AB Tag ABB ABB A

PART A (VERSE)

Kick-Ball-Forward, Toe Switches, Step Forward ¼ Turn Left, Jiggy Shoulders

1&2 Kick left foot to left, step on left ball next to right, step right forward
3&4 Touch left toe to the left, step left together, touch right toe to the right
5-6 Step right forward, ¼ turn left and step left to the left with rib cage to the left
7&8 Jiggy shoulders while moving rib cage to center, right, left

Touch Right Toe Forward, Side, Forward 2x, Step Forward, Lock, Rock & Push

1&2 Touch right toe forward, slightly hitch right knee, touch right toe to the right
&3&4 Slightly hitch right knee, touch right toe forward, slightly hitch right knee, touch right toe forward
5-6 Step right forward, touch left toe behind right
7&8 Step left in place, rock right forward, push back landing on left foot

Step Forward, Cross, 3-Point ½ Turn, Body Wave, ¼ Turn & Rib Cage Left-Center-Left

1-2 Step right forward, cross left in front of right
3&4 Step right to the right, ½ turn left and step left to side, stomp right in place
5-6 Do a body wave starting with the left shoulder ending in the right hip
7&8 ¼ turn left while stepping left to the left side, move rib cage left-center-left

Diagonal Kick, Ball-Cross, Hitch-Step-Hitch-Step, Broken Leg Hitch, Knee Twist 2x

1&2 Kick right foot diagonally left forward, step right together, cross left in front of right
&3 Hitch right knee up, step right to the right side
&4 ½ turn left while hitching left knee up, step left to the left side
5& Hitch right knee while pushing it left across your left leg, swing it back to the right side and hitch it a little higher
6 Step right to right
7&8 Turn left knee in, straighten left leg, turn left knee in

¼ Turn Left On Ball, Walk, ½ Turn Back Lunge, Walk, 1 ½ Pivot Turn

1 ¼ turn left while touching left toe next to right
2-3 Walk forward left, right
4 ½ turn right maintaining weight on right foot, press left ball to the back
5-6 Walk forward left, step right together
7 ½ turn left while stepping left to the left side
& ½ turn left while stepping right to the right side
8 ½ turn left while stepping left to the left side

Touch Right Toe Right, Under, Forward, Back, Step Forward ¼ Turn, Cross-Hitch-Step

1-2 Touch right toe to the right, touch right toe next to left
3-4 Touch right toe forward, touch right toe back
5-6 Step forward right, ¼ turn right and step left to the left side
7&8 Cross and press right ball behind left, hitch right knee up, step right to the right side

Step & Touch, Hold, Hitch & Touch, Cross, 3-Point Full Backward Turn, Rib Cage Right-Left

- &1-2 Step left together, touch right toe to the right side, hold
&3-4 Hitch right knee up, touch right toe to the right side, cross right in front of left
5&6 ¼ turn right and step left back (3:00), ½ turn right and step right forward (9:00), ¼ turn right and step left to side (12:00)
7-8 ¼ turn left and step right to right ending with split weight and move rib cage right-left

¼ Turn Sailor Step, Pivot ½ Turn, Coaster Step, Check-Step & Push

- 1&2 Sailor step while turning ¼ turn left on left-right-left
3-4 Step forward right, ½ turn left maintaining weight on right foot
5&6 Coaster step left-right-left
7&8 Cross and press right ball in front of left, rock left back, push to the right landing on right foot dragging left heel on floor (with left toe up - finish facing 12:00)

PART B (CHORUS)**¼ Turn Step, Touch & Hitch & Step, Hip Bump & Flick Foot, Rocking Chair, Chest Pops 2x**

- 1&a-2 ¼ turn left while stepping left in place, touch right toe next to left, hitch right knee up, step right to the right side
3& Hip bump to the right, center
4 Flick left foot up behind right
5&6 Rock left back, rock right forward, touch left toe forward
7-8 Chest pops 2x

Coaster Step, 2 X ¼ Turn Pedals, Check-Step, Forward, Lunge, Push

- 1&2 Coaster step left-right-left
3-4 ¼ turn left while touching right toe to the right, ¼ turn left while touching right toe to the right
5&6 Press right ball forward, rock left back, ¼ turn right and step forward
7-8 Lunge left to the left side, push to the right landing on the right foot (finish facing 6:00)

17-32 Repeat sequence (finish facing 12:00)

TAG**Stomp x4 In A Circle, Slide, Back-Steps 2x**

- & Step left together
1-2 Step right to the right side, ¼ turn left while stepping left to the left side
3-4 ¼ turn left while stepping right to the right side, ¼ turn left while stepping left to the left side
5-6& Slide right to the right side, press left ball back, rock right forward (3:00)
7-8& ¼ turn left while sliding left to the left side, press right ball back, rock left forward

Stomp x4 In A Circle, Slide, Back-Steps, Spin & Left Knee Pop

- 1-2 Step right to the right side, ¼ turn left while stepping left to the left side
3-4 ¼ turn left while stepping right to the right side, ¼ turn left while stepping left to the left side
5-6& Slide right to the right side, press left ball back, rock right forward (3:00)
7-8 Press left ball to left (as a wind-up), ¾ spin to the right ending with weight on right foot while popping left knee forward (finish facing 12:00)
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