

Freeze

拍數: 64 牆數: 2 級數: Phrased Improver
編舞者: Edward Tam (MY) - June 2011
音樂: Freeze - BEAST : (CD: Fiction and Fact)



Sequence: [AAB AB AAB AB TAG AA]

SECTION A (32 count)

[1-8]

1,2 Step right leg to the right, recover on left
3&4 Cross right leg in front of left, move left leg behind right, cross right leg in front of left
5,6 Step your left leg to the left, 1/4 right turn right leg toward right
7&8 Step left leg forward, move right leg behind left, move left leg forward

[9-16]

1,2 Step right leg forward, ½ left turn toward left
3&4 Move right leg forward, move left leg behind right, move right leg forward
5,6 Step left leg forward, recover on right
7&8 Move left leg back, move right leg in front of left, move left leg back

[17-24]

1&2 Step right to right, close left to right, step right to right
3,4 Rock back on left, recover onto right
5&6 Step left to left, close right to left, step left to left
7,8 Rock back on right, recover onto left

[25-32]

1&2 Turning ¼ to right chasse – right left right
3&4 Turning ½ to right chasse – left right left (moving back)
5,6 Rock back on right, recover on left
7&8 Kick right forward, rock back on right, recover on left

SECTION B (32 Count)

[1-8]

1,2 Step right leg forward, pivot ¼ left leg toward left
3,4 Step right leg forward, ¼ right turn left leg toward left
5,6 ½ right turn right leg, cross left left in front of right leg
7,8 Step right leg to the right, drag right leg next to left

[9-16]

1,2 Move left leg to the left, drag right leg next to left
3&4 Kick right leg forward, move back right feet, recover on the left feet
5&6 Step right leg forward, move left leg behind right, move right leg forward
7,8 Step left leg forward, ½ right turn right leg

[17-24]

1&2 Step left leg forward, move right behind left, move left leg forward
3,4 Step right leg forward, ½ left turn left leg
5,6 Move your right leg to right side, move left leg back
7,8 Swept right leg behind left, move left leg next to the right

[25-32]

1,2 Cross right leg in front of left leg, move left leg to the left

3,4 Move left leg back, swept left leg behind right
5,6 Move right leg diagonal to the right, move left leg diagonal to the left
7,8 Sway hip to the right, sway hip to the left

TAG

1,2 Sway hip to the right, sway hip to the left

Have Fun & Enjoy the Dance!
