

I'm a Freak

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Francien Sittrop (NL) - March 2014
音樂: I'm a Freak (feat. Pitbull) - Enrique Iglesias



Intro: 16 Counts from the Heavy Beat (22 sec)

[1 – 8] Step Fwd, Kick Ball Cross, Side, Cross Toestrutt , ¼ R Toestrutt

1 Step L fwd
2 & 3 Kick R fwd, Step R down, Step L across R
4 Step R to R side
5 – 8 Step L across R, Put L Heels down, ¼ R Step R fwd, Put R Heels down (03.00)

[9-16] Step fwd, ¼ Turn R, Crossing Shuffle, Side Behind Side, Cross Side

1 – 2 Step L fwd , ¼ Turn R (06.00)
3 & 4 Step L across R, Step R to R side, Step L across R
5-6& Step R to R side, Step L behind R, Step R to R side
7 – 8 Step L across R, Step R to R side

[17-24] Sailor step, Sailor step ¼ R, Step fwd, Pivot ½ R, Shuffle fwd

1 & 2 Sweep L behind R, Step R next to L, Step L to L side
3 & 4 Sweep R behind L with ¼ Turn R, Step L next to R, Step R fwd (09.00)
5 – 6 Step L fwd, Pivot ½ Turn R (03.00)
7 & 8 Step L fwd, Step R next to L, Step L fwd

[25-32] Syncopated Rock steps , Touch Back, ½ Turn R, Step fwd, Pivot ½ R

1-2& Rock R fwd, Recover on L, Step R next to L
3-4& Rock L fwd, Recover on R , Step L next to R
5 – 6 Touch R back, ½ Turn R (09.00)
7 – 8 Step L fwd, Pivot ½ Turn R and sweep L fwd (03.00)

[33-40] Cross Side, Behind Side Cross, Side Rock Recover, Sailor ¼ L

1 – 2 Step L across R, Step R to R side
3 & 4 Step L behind R, Step R to R side, Step L across R
5 – 6 Rock R to R side, Recover on L
7 & 8 Step R behind L, ¼ Turn L step L fwd, Step R fwd (12.00)

[41-48] Kick x2, Ball Cross, Side , Kick x2, Ball Cross , ¼ Turn R

1-2& Kick L across R, Kick L to L side, Step L next to R
3 – 4 Step R across L, Step L to L side
5-6& Kick R across L, Kick R to R side, Step R next to L
7 – 8 Step L across R, ¼ Turn R step R fwd (03.00)

[49-56] Step fwd, Pivot ½ R, Shuffle ½ Turn R, 2 Skates Back, Coaster cross ¼ Turn R

1 – 2 Step L fwd, Pivot ½ Turn R (09.00)
3 & 4 ¼ Turn R step L to L side, Step R next to L, ¼ Turn R step L back (03.00)
5 – 6 Skate R back, Skate L back
7 & 8 Sweep R back with ¼ Turn R, Step L next to R, Step R across L (06.00)

[57-64] Big Step fwd, Drag, Shuffle fwd, Step fwd, Pivot ½ R, Step fwd, Pivot ¼ R

1 – 2 Step L Big step Diag L fwd , Drag R to L
3 & 4 Step R diag R fwd, Step L next to R, Step R diag fwd

5 – 6 Step L fwd, Pivot $\frac{1}{2}$ Turn R (12.00)
7 – 8 Step L fwd, Pivot $\frac{1}{4}$ Turn R (03.00)

Start Again

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