

Freak The Beat

拍數: 64 牆數: 2 級數: Improver
編舞者: Jonathan Williamson (UK) - March 2014
音樂: I'm a Freak (feat. Pitbull) - Enrique Iglesias : (Album: Sex and Love)



Start Dance: Count 48 (22 seconds) from beginning of track

WALK ,WALK, OUT, OUT, STEP KNEE DIPS X2

1-2 Walk forward right, left
&3-4 Step right to right side, step left to left side, step forward on right
5-6 Bending at knees 'sit' down, stand back up keeping weight on left
7-8 Bending at knees 'sit' down, stand back up keeping weight on left

CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS SHUFFLE

1-2 Cross right over left, step left to left side
3-4 Step right behind left, sweep left foot from front to back
5-6 Step left behind right, step right to right side
7&8 Cross left over right, step right to right side, cross left over right

¼, ½, ½ SHUFFLE, ROCK, RECOVER, COASTER STEP

1-2 ¼ turn right stepping forward right, ½ turn right stepping back left
3&4 ½ turn right stepping forward right, step left besides right, stepping forward right
5-6 Rock forward left, recover weight back on right
7&8 Step back left, step right besides left, step forward left

FORWARD, SIDE, SWITCH AND SWITCH, CROSS POINT, SIDE POINT, HITCH AND STEP

1-2 Point right toe forward, point right toe to right side
&3&4 Step right besides left, point left to left side, step left besides right, point right to right side
5-6 Point right across left, point right to right side
7-8 Hitch right knee , step forward right

KICK BALL CROSS X2, ROCK, RECOVER, BEHIND SIDE CROSS

1&2 Kick left to left diagonal, step left besides right, cross right over left
3&4 Kick left to left diagonal, step left besides right, cross right over left
5-6 Rock left to left side, recover weight back on right
7&8 Step left behind right, step right to right side, cross left over right

KICK BALL CROSS, AND CROSS, SIDE, ROCK RECOVER, SHUFFLE ½ TURN

1&2 Kick right to right diagonal, step right besides left, cross left over right
&3-4 Step right to right side, cross left over right, step right to right side
5-6 Rock back left, recover weight forward on right
7&8 ½ turn right stepping back on left, step back right besides left, step back left

ROCK RECOVER, ½ TURN X2, RIGHT SHUFFLE, STEP ¼ TURN

1-2 Rock back right, recover weight forward on left
3-4 ½ turn left stepping back right, ½ turn left stepping forward left
5&6 Step forward right, step left besides right, step forward right
7-8 Step forward left, ¼ turn left

CROSS, SIDE, SAILOR STEP, CROSS, ¼, ¼, STEP

1-2 Cross left over right, step right to right side
3&4 Sweep left behind right, step right to right side, step left besides right

5-6 Cross right over left, $\frac{1}{4}$ turn right stepping back left
7-8 $\frac{1}{4}$ turn right stepping forward right, step forward left

ENDING: Dance finishes on step 32 of wall 7.

To end dance, after hitch step (31), $\frac{1}{4}$ turn left stepping forward left to finish dance on front wall.

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