

# 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.**

**Contact: [williamsonmiff1972@gmail.com](mailto:williamsonmiff1972@gmail.com)**

---