Frequency

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Karl-Harry Winson (UK) - March 2012
Music: Me and My Radio - Eric Saade : (CD: Saade Vol.1)

Intro: 32 Counts (Start on Vocal)

Side Rock. Right Cross Shuffle. Side Rock. Left Cross Shuffle

1 – 2	Rock Right to Right side. Recover weight on Left.
3&4	Cross Right over Left. Step Left to Left side. Cross step Right over Left.
5 – 6	Rock Left to Left side. Recover weight on Right.
7&8	Cross Left over Right. Step Right to Right side. Cross Step Left over Right.

Side Step. Sailor 1/4 Heel. Ball-Step. Full turn Right. Step 1/4 Cross.

1	Step Right to Right side.
2&3	Cross Left behind Right. Step Right beside Left making 1/4 turn Left. Dig Left heel forward (9.00).
&4	Step Left foot beside Right. Step forward on Right.
5 – 6	Make 1/2 turn Right stepping Left back (3.00). Make 1/2 turn Right stepping Right forward (9.00).
7&8	Step forward on Left. Pivot 1/4 turn Right. Cross step Left over Right (12.00).*Restart here on Wall 3 (6.00).

Side Rock. Sailor Step. Back Rock. 1/2 turn Right.

1 – 2	Rock Right to Right side. Recover weight on Left.
3&4	Cross Right behind Left. Step Left out to Left side. Step out on Right.
5 – 6	Rock back on Left slightly crossing behind the Right. Recover weight forward on Right.
7 – 8	Make 1/4 turn Right stepping back on Left (3.00). Make 1/4 turn Right stepping Right to Right side (6.00).

Side-Hold. Ball-Side-Touch. Side-Touch. 1/4 turn Left. Cross Step.

1 – 2	Step Left to Left side. Hold.
&3-4	Step Right beside Left. Step Left to Left side. Touch Right beside Left.
5 – 6	Step Right to Right side. Touch Left beside Right.
7 – 8	Make 1/4 Left stepping Left to Left side (3.00). Cross Step Right over Left and slightly forward.

Side-Behind. & Heel Jack. Hold. Ball-Cross. Side Step. Sailor 1/4 turn.

1 – 2	Step Left to Left side. Cross step Right behind Left.
&3-4	Step Left to Left side. Dig Right heel towards Right diagonal. Hold.
&5-6	Step Right beside Left. Cross step Left over Right. Step Right to Right side.
7&8	Cross Left behind Right. Step Right beside Left making 1/4 turn Left. Step forward on Left (12.00).

Side-Behind. & Heel Jack. Hold. Ball-Cross. Side Step. Right Sailor Step.

1 – 2	Step Right to Right side. Cross step Left behind Right.
&3-4	Step Right to Right side. Dig Left heel towards Left diagonal. Hold.
&5-6	Step Left beside Right. Cross step Right over Left. Step Left out to Left side.
7&8	Cross Right behind Left. Step out on Left. Step out on Right.

Cross Rock. Side Rock (Hip Sway). Behind Step. 1/4 turn Right. Forward Rock.

1 – 2	Cross Rock Left over Right. Recover weight on Right.
3 – 4	Rock Left to Left side swaying Hips Left. Recover weight on Right.

5 – 6	Cross Left behind Right. Make 1/4 Right stepping Right forward (3.00).
7 – 8	Rock forward on Left. Recover weight back on Right.

Full Turn Left. Coaster Step. Walk forward X2. Kick Ball-Step.

1 – 2	Make 1/2 turn Left stepping Left forward (9.00). Make 1/2 turn Left stepping Right back (3.00).
3&4	Step back on Left. Step Right beside Left. Step forward on Left.
5 – 6	Walk forward on Right. Walk forward on Left.
7&8	Kick Right forward. Step Right beside Left. Step forward on Left. *Tag here at the end of Wall 1 and 4

***Tag (Happens at the end of Wall 1 (3.00) and 4 (9.00): Step Pivot 1/2 turn X2. Right Jazz Box.**

1 – 4	Step Right forward. Pivot 1/2 turn Left. Step Right forward. Pivot 1/2 turn Left.
5 – 8	Cross Right over Left. Step back on Left. Step Right to Right side. Cross Step Left over Right.

***Restart: Dance the first 2 sections of Wall 3 (16 counts) and restart the dance.**

Contact: krazy_kark@hotmail.com -or- www.karlwinsondance.moonfruit.com

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