

# U A Freak (你 . 怪胎) (zh)

COPPER KNOB  
STEPSHEETS

Count: 48

Wall: 2

Level: Beginner

Choreographer: Amy Spencer (USA) - 2008年01月

Music: U A Freak - Chingy



前奏 : Intro: 32 Counts 32拍後起跳

## 第一段 Stomp Knee In Out x4 重踏 膝內 膝外 共四次

- 1&2 Stomp R fwd, turn knees inwards, recover  
右足前重踏, 雙膝轉向內, 雙膝回復
- 3&4 Stomp L fwd, turn knees inwards, recover  
左足前重踏, 雙膝轉向內, 雙膝回復
- 5&6 7&8 Repeat counts 1&2 3&4 above. 重覆上面動作

## 第二段 Hit, Hit, Switch, Hit, Hit, Clap, Palms Down, Up, Down, Snap, Snap 推, 推, 手掌轉, 推, 推, 拍手, 手掌下, 上, 下, 彈指, 彈指

- 1& Push both hands fwd (aka. Paddy Cake) 雙手前推
- 2& R palm face down and L palm face up, R palm face up and L palm face up  
右手掌向下 & 左手掌向上, 右手掌向上 & 左手掌向下
- 3& Push both hands fwd (aka. Paddy Cake) 雙手前推
- 4 Clap 拍手
- 5&6 Palms clap down on top of elbows, back of palms clap together, palms clap down on top of elbows  
手掌在手肘上拍打, 手掌推回拍手, 手掌在手肘上拍打,
- 7 8 Open arms half way and snap then continue to open arms and snap again  
雙手平開彈手指, 同樣動作再彈一次手指

## 第三段 Kick, Kick, Coaster Step, Walk Fwd, Open Side, Arms Swing 踢, 踢, 海岸步, 走, 右, 手臂繞後, 手臂繞後

- 123&4 Kick R fwd twice (in contra position connect with person) , Coaster Step  
右足前踢二次, 海岸步
- 5-8 Continue to move fwd step L fwd, step R to R, swing R arm in a big circle front to back to end on R butt, repeat L arm  
左足前踏, 右足右踏, 右手由前繞至後放至右臀, 左手由前繞至後放至左臀

## 第四段 Body Pops x4, Slide Step, Step touch 身體彈動4次, 滑步, 踏點

- 1-4 Keeping hands on butt and feet open pop upper body to R-L-R-L  
雙手擺臀部, 雙腳彈跳4次-右, 左, 右, 左
- 5-8 Slide R to R, step L beside R, step R back, touch L beside R  
右足右滑, 左足併踏, 右足後踏, 左足併點

## 第五段 Slide Step, Step, touch, Step Snake hitch, Snake hitch 滑步, 併, 點, 蛇形滑動, 抬, 蛇形滑動, 抬

- 1-4 Slide L to L, step R beside L, step L fwd, touch R beside L  
左足左滑, 右足併踏, 左足前踏, 右足併點
- 5-8 Step R to R while snaking upper body to R, hitch L, step L to L while snaking upper body to L, hitch R  
右足右踏(身體蛇狀), 左足抬, 左足左踏(身體蛇行), 右足抬

**第六段** Triple Step, Triple Step, ½ R Triple Step, Hop, Kick Ball-Change  
前交換, 前交換, 轉交換, 踢 併 踏

1&23&4 Triple step fwd on R-L-R, triple step fwd on L-R-L  
前交換-右, 左, 右, 前交換-左, 右, 左

5&67&8 ½ R triple step turn, hop on L while kick R fwd, step R down, step L beside R. 三步右轉180度, 左  
足跳右足前踢, 右足踏, 左足併踏

---