# Frienzies Okie!



Count: 176 Wall: 0 Level: Phrased Intermediate

Choreographer: Lye Soo Lean (SG) & Anlas Cheong (SG) - October 2016

Music: Ok Na Ka by Katreeya



Intro: 16 counts after 1st strong beat

Sequence: A, BBB Tag1 C, BBB Tag 1 C, AD Tag2, Modified C Modified C

#### PART A (48 counts)

# A1. □CROSS ROCK RECOVER SIDE SHUFFLE X 2 (R,L).

Rock R over L, Recover on L, Step R to R side, Step L besides R, Step R to R side.

Rock L over R, Recover on R, Step L to L side, Step R besides L, Step L to L side.

# A2. □ROCK FWD RECOVER COASTER STEP X 2 (R,L).

Rock R fwd, Recover on L, Step R back, Step L besides R, Step R fwd. Rock L fwd, Recover on R, Step L back, Step R besides L, Step L fwd.

### A3. □ CROSS SIDE SAILOR STEP X 2 (R,L).

123&4 Cross R over L, Step L to L side, Step R behind L, Step L to L side, Step R to R side.

567&8 Cross L over R, Step R to R side, Step L behind R, Step R to R side, Step R to L side.

# A4. DFWD CROSS POINT, BACK CROSS POINT; BACK CROSS POINT, FWD CROSS POINT.

Fwd cross R over L, Point L to L side, Back cross L behind R, Point R to R side.

Back cross R behind L, Point L to L side, Fwd cross L over R, Point R to R side.

#### A5. □1/8R DIAG. WALK FWD KICK; WALK BACK SQUARE OFF JUMP.

1/8R diagonal walk fwd R L R, Kick L fwd with R hand raise up.

Walk backward L R, 1/8L square off with both legs together, jump with R hand pump up.

# A6. □1/8L DIAGONAL WALK FWD KICK; WALK BACK SQUARE OFF JUMP.

1/8L diagonal walk fwd L R L, Kick R fwd with L hand raise up.

Walk backward R L, 1/8R square off with both legs together, jump with L hand pump up.

#### PART B (32 counts)

### B1. 1/8R DIAGONAL FWD, PIVOT ½ TURN, FWD SHUFFLE; FWD 1/8R SQUARE OFF CROSS SHUFFLE.

1/8R diagonal R step fwd, Pivot ½ L turn, Step R fwd, Lock L behind R, Step R fwd.

567&8 Step L step. 1/8 R square off R recover, Cross L over R, Step R to R side, Cross L over R.

#### B2. □SIDE ROCK BEHIND SIDE CROSS X 2 (R,L).

Rock R to R side, Recover on L, Step R behind L, Step L to L side, Cross R over L.

Rock L to L side, Recover on R, Step L behind R, Step R to R side, Cross L over R.

#### B3. □SIDE SHUFFLE BACK RECOVER X 2 (R,L).

Step R to R side, Step L besides R, Step R to R side, Step L behind R, Recover on R. Step L to L side, Step R besides L, Step L to L side, Step R behind L, Recover on L.

#### B4. □TOE STRUT. ¼ L TOE STRUT: ¼ R JAZZ BOX.

Touch R toe fwd, Step down on R heel, ¼ L turn Touch L toe fwd, Step down on L heel.

5678 Cross R over L, Step back on L, ¼ R turn Step R to R side, Step L besides R.

#### PART C (32 counts)

C1. □1/8L BOUNCE, STRAIGHTEN; OUT, OUT, IN, IN.

1/8 L diagonal both knee bend with R palm facing inwards, raise to ear level and bend elbow

towards you, both heels up (bounce) and straighten R elbow upright with fingers closed, both knee bend with R palm facing inwards, raise to ear level and elboe bend towards you, both

heels up (bounce) and straighten R elbow upright with fingers closed.

5678 1/8 R Step R diagonal fwd to R, Step L diagonal fwd to L, Step R diagonal back, Step L

diagonal back besides R.

# C2. □¼ R OUT, OUT, IN, IN; FWD, \*\*PIVOT ¼ L TURN, CROSS, CLOSE.

1234 ¼ R turn Step R diagonal fwd to R, Step L diagonal fwd to L, Step R diagonal back, Step L

diagonal back besides R.

\*\*Step R fwd, Pivot ¼ L turn, Cross R over L, Step L besides R.

#### C3 & C4. □REPEAT C1 & C2.

\*\* NOTE: CHANGE TO ROCK FWD RECOVER BACK CLOSE FOR MODIFIED C.

Modified C - \*\* 5678 Rock R fwd, Recover on L, Step R back, Step L besides R.

# PART D (32 counts)

# D1. □ □ DIAGONAL FWD DRAG; L DIAGONAL FWD DRAG.

1234 R diagonal R step fwd with R palm back place besides L cheek, L drag in and point close to

R in 3 counts with R palm sweeps along face line end at R side.

L diagonal L step fwd with L palm back place besides R cheek, R drag in and point close to L

in 3 counts with L palm sweeps along face line end at L side.

#### D2. □□ROLLING VINE; SWAY.

1234 ¼ R turn Step R fwd, ½ R turn Step L back, ¼ R turn Step R to side, Point L besides R.

L Step L side sway, hold, Step R to R side sway, hold.

#### D3. R DIAGONAL BACK DRAG: DIAGONAL BACK DRAG.

1234 R diagonal L step back with L palm back place besides R cheek, R drag in and point close to

L in 3 counts with L palm sweeps along face line end at L side.

L diagonal R step back with R palm back place besides L cheek, L drag in and point close to

R in 3 counts with R palm sweeps along face line end at R side.

#### D4. □ROLLING VINE; SWAY.

1234 1/2 L turn Step L fwd, ½ L turn Step R back, ¼ L turn Step L to side, Point R besides L.

R Step R side sway, hold, Step L to L side sway, hold.

# TAG 1 (8 counts) - 3/4 R SMALL STEPS RUN

1234 S□Start to make a ¾ turn L, Run round taking small steps – Stepping R L R L.

5678 Finish the ¾ turn L, Run round taking small steps – Stepping R L R, Step L besides R.

# TAG 2 (24 counts)

# [1-16].□ (POINT DIAGONAL R UP, DIAGONAL L UP, DIAGONAL R DOWN, DIAGONAL L DOWN) X 4

1234 R finger point diagonal R up, L finger point diagonal L up, R finger point diagonal R down, L

finger point diagonal down.

5-16 Repeat the above 4 counts x 3

#### [17-24] □1/4 L BEND BOTH KNEE, HOLD; STRAIGHTEN KNEE.

Slowly straighten both knee and R hand draw an anti-clockwiese"O" as you straighten up.

As you will go straight into modified C, the 1st count of 1/8L turn will change to 1/8 R turn.

Happy dancing and keep smiling.

Contact: wylinedancing\_99@live.com

