

Freak The Freak Out

Compte: 96

Mur: 4

Niveau: Phrased Intermediate

Chorégraphe: Karah Patton (USA) - April 2025

Musique: Freak the Freak Out (feat. Victoria Justice) - Victorious Cast



Phrasing: A,A,Tag 1,B,C,A,A,A,Tag 1,B,C,A,A,Tag 2,C,A,A,A.

Part A:

[1-8] Rock R, Recover, Weave. Rock L, Recover, Weave.

- 1-2 1) Rock R, 2) Recover L.
- 3&4 3) Step R behind L, &) Step L out, 4) Cross R over L.
- 5-6 5) Rock L, 6) Recover R.
- 7&8 7) Step L behind R, &) Step R out, 8) Cross L over R.

[9-16] ¼ turn over L, Hold, ½ turn over L, Step R, Hitch L, Hitch R, Step R.

- 1-2 1) Step forward with R making a ¼ over L, 2) Hold
- 3-4 3) Step back with L making a ½ turn over L. 4) Bring R to meet L.
- 5-6 5) Hitch L, 6) Step L.
- 7-8 7) Hitch R, 8) Step R.

[17-24] Ball, Step, Ball, Step, Heel Grind ¼ turn, Coaster Step.

- 1-2 1) Tap with the ball of your LF, 2) Step with L
- 3-4 3) Tap with the ball of your RF, 4) Step with R.
- 5-6 5) Heel grind with LF making a ¼ over L shoulder, 6) Step back with R.
- 7&8 7) Step back L, &) Step R next to L, 8) Step forward L.

[25-32] V Step, Hop feet out, Hop crossing R over L, ½ turn unwind.

- 1-2 1) Step out with RF. 2) Step out with LF.
- 3-4 3) Bring R back, 4) Bring L next to R.
- 5-6 5) Hop both feet out. 6) Hop crossing RF over LF.
- 7-8 7- 8) ½ turn unwind over L shoulder.

Part B:

[1-8] Stomp R & L, Turn knees R then back, ½ turn, Walk R & L.

- 1-2 1) Stomp R. 2) Stomp L.
- 3-4 3) Turn Both knees to the R, 4) Turn both knees back to center.
- 5-6 5) Step Forward R, 6) ½ turn over L.
- 7-8 7) Walk R, 8) Walk L.

[9-16] Cross Point X2, Jazz box ¼ turn.

- 1-2 1) Cross R over L, 2) Point side L
- 3-4 3) Cross L over R, 4) Point side R.
- 5-6 5) Cross R over L, 6) Step Side L making a ¼ turn over R shoulder.
- 7-8 7) Step Side R. 8) Bring LF to meet RF.

[17-24] Kick ball change X2, Stomp R & L, Pop L then R knee.

- 1&2 1) Kick RF in front, &) Step back on R, 2) Point L to the side.
- 3&4 3) Kick LF in front, &) Step back on L, 4) Point R to the side.
- 5-6 5) Stomp R. 6) Stomp L.
- 7-8 7) Pop L knee, 8) Pop R knee.

[25-32] Cross Point X2, Jazz box ¼ turn.

- 1-2 1) Cross R over L, 2) Point side L
- 3-4 3) Cross L over R, 4) Point side R.
- 5-6 5) Cross R over L, 6) Step Side L making a ¼ turn over R shoulder.
- 7-8 7) Step Side R. 8) Bring LF to meet RF.

Part C:

[1-8] ½ turn, ½ turn, Step R & L, Bump Hip R then L.

- 1-2 1) Step forward R. 2) ½ turn over L.
- 3-4 3) Step Forward R. 4) ½ over L.
- 5-6 5) Step RF to R side. 6) Step LF to L side.
- 7-8 7) Hip Bump to the R, 8) Hip bump to the L.

[9-16] L Sailor Step, R Sailor Step, R Dorothy Step, L Dorothy Step.

- 1&2 1) Step R behind L, &) Step L to the L, 2) Step R to the R.
- 3&4 3) Step L behind R, &) Step R to the R, 4) Step L to the L.
- 5&6 5) Step R out at a diagonal, &) Step L behind R, 6) Step R forward.
- 7-8 7) Step L out at a diagonal, &) Step R behind L, 8) Step L forward.

[17-24] Rocking Chair, Push and Cross ¼ turn, Push and cross.

- 1-2 1) Rock forward R, 2) Recover back L.
- 3-4 3) Rock back R, 4) Recover forward L.
- 5&6 (Making a ¼ turn over L shoulder) 5) Rock R with RF, &) Recover on L, 6) Cross R over L.
- 7&8 Rock L with LF, &) Recover on R, 8) Cross L over R.

[25-32] Step RF to R, Step LF to L, Hop feet in, Hold, Apple jacks

- 1-2 1) Step RF out to the R. 2) step LF out to L.
- 3-4 3) Hop feet back to center. 4) Hold
- 5-6 5) L toe and R heel swivels to the L. 6) L heel and R toe swivels to the R
- 7-8 7) L toe and R heel swivels to the L. 8) L heel and R toe swivels to the R.

Tag 1: Two ½ turns. 4 counts.

- 1-2 1) Step Forward R, 2) ½ turn over L.
- 3-4 3) Step Forward R, 4) ½ turn over L.

Tag 1 happens 2 times. Once after the second wall, once after the seventh wall.

Tag 2: Rock R, Hold, Bring RF back, Hold. Rock L, Hold, Bring LF back, Hold. Cross R Over L, Unwind full turn. 12 counts.

- 1-2 1) Rock onto your RF to the R. 2) Hold.
- 3-4 3) Step RF back to center. 4) Hold.
- 5-6 5) Rock onto your LF to the L. 6) Hold.
- 7-8 7) Bring LF back to center. 8) Hold.
- 1-2 1) Cross R over L. 2) Hold.
- 3-4 3- 4) Unwind full turn.

Tag 2 happens 1 time after wall 11.
