

Freak Out

拍数: 32 墙数: 4 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - March 2024
音乐: freak out - Layto : (Spotify/YouTube Music/Deezer/Apple Music)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Intro: 8 counts)

[S1] Side, Behind-1/4R-1/4R, Sit Back, Fwd-Step-Pivot 1/2L-Toe Strut, Scissor-Cross-

1 2& Step R to the side, Step L behind R, make a ¼ turn right stepping forward on R
3 4 Make a ¼ turn right stepping L to the side sweeping R around, Step/sit back on R
5&6 Recover/step forward on L, Step forward on R, Make a ½ turn left recover weight on L
(12:00)
&7 Touch R toe forward, Drop R heel down
8&1 Step L to the side, Step R beside L, Cross L over R-
-Restart and step change here on Wall 3 (6:00)

[S2] -1/4L, Side Shuffle, Cross-Unwind 3/4L-Side Touch, Side-&-

2 - Make a ¼ turn left stepping back on R (9:00)
3&4 Left side shuffle on L-R-L
5 6 Cross/touch R over L, 3/4L unwind weight ends on R (12:00)
&7 Step L to the side, Touch R next to L
8& Step R to the side, Step L next to R-

[S3] -Side, Touch-Ball-Cross-1/4R-1/2R-Step-Pivot 3/4R, Side-&-Side Rock, Cross-&-

1 2& - Step R to the side, Tap L next to L, Ball step L to the side
3&4 Cross R over L, Make a ¼ turn right stepping back on L (3:00), Make a ½ turn right stepping forward on R (9:00)
&5 Step forward on L, Make a ¾ turn right recover weight on R (6:00)
6& Step L to the side, Step R next to L
7& Rock L to the side, Replace weight on R
8& Cross L over R, Step R beside L-

[S4] -Cross Rock-&-Point-&-Point-&, Cross Rock, Monterey 1/4R-Fwd, Step-Pivot 1/2L

1 2& - Rock/cross L over R, Replace weight on R, Step L beside R
3& Point R to the side, Step R next to L
4& Point L to the side, Step L next to R
5& Rock/cross R over L, Replace weight on L
6&7 Point R to the side, Monterey ¼ turn right weight ends on R (9:00), Step forward on L
8& Step forward on R, Make a ½ turn left recover weight on L (3:00)

Restart and step change on Wall 3 count 8 (6:00)

On Wall 3, dance up to count 7. Step change to 8&: Step R to the side, Touch L next to R

Ending suggestion: The last wall starts facing 6:00. Dance up to count 8 (6:00). Box ½ turn left to the front.

(updated: 26/Mar/24)