

Freak Out

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Doug Miranda (USA) & Jackie Miranda (USA)
音乐: Le Freak - Chic



SIDE AND CROSS, SIDE AND CROSS, SKATES RIGHT AND LEFT, ¼ TURN LEFT

- 1&2 Rock right to right side, recover on left, cross right over left
3&4 Rock left to left side, recover on right, cross left over right (you will slightly move forward for counts 1-8)
5-8 Slightly skate as you move your arms and body at angles right, left, right, then turn ¼ left (weight on left)

SIDE AND CROSS, SIDE AND CROSS, SKATES RIGHT AND LEFT, ¼ TURN LEFT

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3&4 Rock left to left side, recover on right, cross left over right (you will slightly move forward for counts 1-8)
5-8 Slightly skate as you move your arms and body at angles right, left, right, then turn ¼ left (weight on left)

STEP SIDE RIGHT, TOUCH, ¼ TURN RIGHT, TOUCH, STEP SIDE RIGHT, TOUCH, ¼ TURN RIGHT, TOUCH

- 1-2 Step right to right side, touch left in place slightly raising left knee and snap fingers
3-4 Make a ¼ turn right and step left to left side, touch right in place slightly raising right knee
5-8 Repeat counts 1-4 above

FULL TURN RIGHT, FULL TURN LEFT

- 1-4 Turn a full turn to right stepping ¼ turn right on right, ¼ turn right on left, ½ turn right on right, touch left
5-8 Turn a full turn to left stepping ¼ turn left on left, ¼ turn left on right, ½ turn left on right, touch right

STEP CROSS, HOLD, STEP SIDE, CROSS, HOLD, SIDE ROCK, RECOVER

- &1-2 Step slightly back on right, cross left over right as hands are pushed downwards (palms open and facing down), hold
3-4 Step right to right side as you look to right side (for extra styling, you can pulse arms up and down while moving), hold
5-8 Cross left over right as you look forward, hold, rock right to right side, recover on left at a slight angle to left

CROSS, HOLD, ¼ TURN LEFT, HOLD, ½ TURN LEFT, ¼ TURN LEFT

- 1-4 Cross right over left, hold, turn ¼ left stepping forward on left, hold
5-8 Step forward on right and pivot ½ turn left, step forward on right and pivot ¼ turn left

SYNCOPATED SIDE POINTS, HEEL FORWARD, TOE BACK 2X TRAVELING FORWARD

- 1&2 Point right to right side, step right next to left, point left to left side
&3&4 Step left next to right, touch right heel forward, step right next to left, extend left leg back touching left toe back
5&6 Point left to left side, step left next to right, point right to right side
&7&8 Step right next to left, touch left heel forward, step left next to right, extend right leg back touching right toe back

You will be traveling slightly forward; add attitude by swinging arms to each side as you point to sides

STEP FORWARD, HOLD, ½ TURN LEFT, HOLD, STEP RIGHT SLIGHTLY APART FROM LEFT, CROSS ARMS, ARMS APART, ARMS DOWN TO SIDE, SNAP RIGHT FINGERS, SNAP LEFT FINGERS

- 1-4 Step right forward, hold, pivot ½ turn left, hold (weight goes forward on left)
- 5&6 As you step right forward on right slightly apart from left simultaneously cross arms (touch shoulders with tips of fingers - right hand on left shoulder, left hand on right shoulder) in front of chest, open arms and touch shoulders (right hand on right shoulder, left hand on left shoulder) for the & count, lower arms as you slap sides of thigh)
- 7-8 Lean to right and snap fingers (right fingers at right shoulder height, left fingers at left side waist level) lean to left and snap fingers (left fingers at left shoulder height, right fingers at right side waist level) with weight ending on left

REPEAT
