

# Jungle Freak

**COPPER** KNOB  
STEPSHEETS

拍數: 48      牆數: 2      級數: Line / Contra dance  
編舞者: Pedro Machado (UK) & Bill Lorah (USA)  
音樂: Freakin' You - Jungle Brothers



To start the dance you want to be standing in contra lines with someone directly in front of you. Ideally the floor should be made up of people standing in lines with each line facing alternately front and back. Throughout the dance you will find yourself clapping hands with everyone around you and laughing uncontrollably as you squeeze between and around those in your immediate vicinity

## LUNGES

- 1&2      Lunge left foot in front of right foot to right side at 45 degrees, rock back onto right foot, step left foot next to right foot (recover)
- 3&4      Lunge right foot in front of left foot to left side at 45 degrees, rock back onto left foot, step right foot next to left foot (recover)
- 5&6      Repeat 1&2
- 7&8      Repeat 3& but touch right foot to right side on count 8

## TURNING SAILORS

- 1-2      Touch right foot forward, touch right foot to right side
- 3&4      Sailor step ½ turn to right side ending with a stomp on 4 with right foot forward
- 5-6      Touch left foot forward, touch left foot to left side
- 7&8      Sailor step ½ turn to left side ending with a stomp on 8 with left foot forward

## KICK AND ROLL

- 1&2      Right kick ball step (forward)
- 3      Step up with right foot while putting right hand on right knee
- 4      Step down with right foot while rolling hips (make the step diagonally forward so you're now standing between two people of the row that was facing you)
- 5&6      Left kick ball step
- 7      Step up with left foot while putting left hand on left knee
- 8      Step down with left foot while rolling hips (make the step diagonally forward so you're now directly facing someone in the next line)

## SWIVETS AND HOPS WITH TURNS

- 1      Step right foot forward and swivel to right side 45 degrees
- 2      Step left foot forward and swivel to left side 45 degrees
- 3-4      Repeat 1, 2
- On a crowded floor, those 4 counts can be done as four skater steps on the spot**
- &5      Hop forward jumping both feet together while thrusting hips forward and arms back
- &6      Hop back while making a ¼ turn to left side and thrust arms forward
- &7&8      Repeat &5&6

## HOP AND SHAKE

- &1-2      Hop forward (&1), hold (2)
- &3-4      Hop forward (&3), hold (4)
- 5-8      Hop forward 4 times

### Hands for those 8 counts

- 1-4      Rub hands up from hips to straight up
- 5-8      Lower hands down to side

Or clap your own hands on 2 and 4 and clap hands with the person facing you on 8

## **45 DEGREE HOPS**

1-2 Hop both feet forward 45 degrees to right side, hop both feet back to center

3-4 Hop both feet 45 degrees to left side, hop both feet back to center

5-8 Repeat 1-4

### **Alternate for the last 8 counts if you have a lot of people on the floor**

1-2 Make a  $\frac{1}{4}$  turn to right on ball of right foot and clap hands with the person facing you. The person you were facing should now be standing back to back with you

3-4 Make a  $\frac{1}{4}$  turn to right on ball of left foot and clap hands with the person you were just back to back with

5-8 Repeat counts 1-4

**You have now walked right around the person you are facing**

**REPEAT**

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