

Le Freak

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Count: 72 **Wall:** 2 **Level:** Phrased Intermediate

Choreographer: Jo Kinser (UK) & John Kinser (UK) - October 2022

Music: - Chic

(Music available on iTunes - 3:30 min - 120 BPM)

Intro: Straight in 0.2 starting on the words Freak Out

Sequence AB, AB, A, BBB, A

Section A "Freak Out" (Chorus)

S1: Out Out, In In X2, ¼ Turn R, Side Touch R Arm, Side Touch L Arm

&1&2RF step side R, LF step side L, RF step to center, LF step together (Hands follow feet)

&3&4RF step side R, LF step side L, RF step to center, LF step together (Hands follow feet)

5,6¼ turn R RF step R, LF touch next to RF, Rt Hand goes Up, Down (3:00)

7,8LF step L, RF touch next to LF, Lt Hand goes Up, Down

Repeat Section A x3 full turn R back to the front (12:00) Section A is a total of 32 Counts.

Section B (Verse)

[1-8]: K Step, L Shuffle Forward

1, 2RF step diagonal fwd R, LF touch next to RF (Snap Rt Fingers)

3, 4LF step back to center, RF touch next to LF (Snap Rt Fingers)

5, 6RF step diagonal back R, LF touch next to RF (Snap Rt Fingers, looking over R shoulder)

7&8LF step fwd, RF step next to LF, LF step fwd

[9-16]: Vine R (Roll Arms), Point (R Hand), Rolling Vine F/T L, Jump X2 1/8 L

1,2,3RF step R, LF step behind RF, RF step R (Roll hands in front of you 1-3)

4LF Point Land Right Finger point diagonal Up R

5,6¹/₄ turn L LF step fwd (9:00), ¹/₂ turn L RF step back (3:00)

7&8¹/₄ turn L LF step L (12:00), ¹/₈ turn L jump both feet together (10:30), Jump together

Option: &8 RF step next to LF, LF step side Left (Side Chasse)

[17-24]: Kick, Back, Twist R, Twist Fwd (Note this section is done on the Left Diagonal)

1,2RF kick fwd, RF step back

3,4 Twist your upper body R looking over your R shoulder, Twist back recovering on LF

5678 Repeat Counts 1-4

Arms for count 3: L Palm push fwd and R Elbow goes back, 4 Return to neutral position.

Repeat for counts 7-8.

[25-32]: Step ¹/₂ L, Full Turn L, R Shuffle Fwd, Push Mambo Step

1,2RF step fwd, ¹/₂ turn L LF step fwd (4:30)

3,4¹/₂ turn L RF step back (10:30), ¹/₂ turn L LF step fwd (4:30)

5&6RF step fwd, LF step next to RF, RF step fwd

7&8 Push ball of LF fwd (Hips fwd), Recover on RF, LF step next to RF (4:30)

[33-40]: Kick, Point Back, Twist-Turn, Hitch, Point L, Sailor ¹/₄ L, Hitch R

1,2RF kick low fwd, RF touch diagonal back R

3,4¹/₈ turn R step on RF twisting R (6:00), Hitch Left knee across the R

5LF point L

6&7¹/₄ turn L LF behind RF (3:00), RF step R, LF step L and slightly fwd,

8 Hitch R knee

[41-48]: Body Roll Travelling Backwards X2, C Bumps

1,2RF touch back Body Roll Back (1), End your Body Roll recover on RF (2)

&LF step next RF

3,4RF touch back Body Roll Back (3), End your Body Roll recover on RF (4)

&LF step next RF

5&6RF step slightly back and R hip bump Up 5), Center &), Down 6)

&7&R hip bump Center &), Up 7), Center &)

8 Down 8) Weight on RF

R Arm for counts 5-8: Like a C Shape

[49-56]: Fwd, ½ Turn L, ¼ L Side Shuffle Arm Pumps, Jazz Box - Cross

1,2LF step fwd, ½ turn L RF step back (9:00)

3&4¼ turn L LF step L (6:00), RF step next to LF, LF step L (Pump Arms L)

5,6RF step over LF, LF step Back

7,8RF step R, LF cross over RF (6:00)

[57-64]: Full Turn Paddle R, Fwd, ½ Charleston, Mambo Back

1,2¼ turn R RF step fwd (9:00), ¼ turn R and LF point L (12:00)

3,4½ turn R LF point L (6:00), LF step fwd

5,6RF kick low fwd, RF step back

7&8LF rock back, Recover on RF, LF step fwd

Repeat Section A (6:00), dance 16 Counts (12:00)

Section B (12:00)

Section A (6:00), dance 16 Counts (12:00)

Section B (12:00)

Section B (6:00)

Section B (12:00)

Section A (6:00), 32 Counts (6:00)

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