

FREEZE FRAME

LINEDANCE.COM

Count: — **Wall:** 1 **Level:** intermediate

Choreographer: Michele Burton & Michael Barr

Music: Freeze Frame by J. Geils Band

Sequence: AAB, ABC, AB, AA

PART A

SYNCOPATED FORWARD ROCK STEPS WITH ½ PIVOT WALK WALK

- 1&2&** Step right forward, rock left side left, step right center, step left forward
- 3&4&** Rock right side right, step left center, step right forward, step left forward
- 5-6-7-8** Step right forward, pivot ½ left, weight left, walk right forward, walk left forward

REPEAT 1-8, SYNCOPATED FORWARD ROCK STEPS WITH ½ PIVOT WALK WALK

- 1&2&** Step right forward, rock left side left, step right center, step left forward
- 3&4&** Rock right side right, step left center, step right forward, step left forward
- 5-6-7-8** Step right forward, pivot ½ left, weight left, walk right forward, walk left forward

TOUCH 4 X, CROSS BACK, SYNCOPATED VINE LEFT

- 1-4** Touch right forward, touch right back, touch right forward, touch right back

Touch forward to the left diagonal and touch back to the right diagonal

- 5-6** Cross right over left, step back on left
- &7&8&** Step right back/side right, step left in front of right, step right side right, step left behind right, step right side right

TOUCH 4 X, CROSS BACK, SYNCOPATED VINE RIGHT

- 1-4** Touch left forward, touch left back, touch left forward, touch left back

Touch forward to the right diagonal and touch back to the left diagonal

- 5-6** Cross left over right, step back on right
- &7&8&** Step left back/side left, step right in front of left, step left side left, step right behind left, step left side left

CROSS UNWIND, ¾ TURN, MAMBO LEFT, KICK, BALL, CHANGE

- 1-4** Cross right over left, unwind left for a $\frac{3}{4}$ turn, lift & replace the heels 3 times as you turn (weight on right)
- 5&6** Step left side left, step right in place, step left next to right
- 7-8** Kick right forward, step on ball of right, step left slightly forward

STEP $\frac{1}{2}$ TURN, COASTER, STEP $\frac{3}{4}$ TURN, COASTER

- 1-2-3&4** Step right forward, turn $\frac{1}{2}$ right stepping back on left, step right back, step left next to right, step right forward
- 5-6-7&8** Turn $\frac{1}{4}$ left onto left, turn $\frac{1}{2}$ left stepping back on right, step left back, step right next to left, step left forward

PART B

FREEZE FRAME: STEP, HOLD, $\frac{1}{2}$ PIVOT HOLD, REPEAT, JAZZ BOX

- 1-8** Step right forward, hold (snap a picture), pivot $\frac{1}{2}$ left onto left, hold (snap a picture) repeat counts 1-4
- 9-12** Cross right in front of left, step left back, step right center, step left slightly forward

PART C

HEELS & HEEL & CROSS SIDE BEHIND $\frac{1}{4}$ TURN LEFT, REPEAT 3 MORE TIMES

- 1&2&** Touch right heel forward, step right center, touch left heel forward, step left slightly back
- 3&4&** Cross right in front of left, step left side lift, step right behind left, turn $\frac{1}{4}$ left stepping onto left