

FREEK U

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Count: 64

Wall: 4

Level: intermediate

Choreographer: Francien Sittrop

Music: Freek U by Bon Garcon

RIGHT KICK BALL STEP TWICE, ROCK, RECOVER, COASTER STEP

- 1&2** Kick right diagonal right forward, step right next to left, step left forward
- 3&4** Kick right diagonal right forward, step right next to left, step left forward
- 5-6** Rock right forward, recover on left
- 7&8** Step right back, step left next to right, step right forward

STEP, LOCK, STEP, LOCK STEP DIAGONAL FORWARD, STEP FORWARD, ½ TURN STEP, ½ TURN, TOUCH

- 1-2** Step left diagonal left forward, cross right behind left
- 3&4** Step left diagonal left forward, cross right behind left, step left diagonal left forward
- 5-6** Step right forward, make ½ turn left
- 7&8** Step right forward, make ½ turn left, touch right next to left

SKATE OUT, SKATE OUT, IN, IN, RIGHT STEP FORWARD, ½ TURN RIGHT, WITH HITCH HIP SWAYS

- 1-2** Skate right to right side (roll right shoulder up), skate left to left side (roll left shoulder up)
- 3-4** Right step back and in (roll right shoulder down), left step back and in (roll left shoulder down)
- 5-6** Step right forward, make on ball of right ½ turn right and hitch left knee
- 7&8** Step left to down en push hip to the left, right, left (weight ends on left)

RIGHT DIAGONAL STEP, TOUCH, LEFT, DIAGONAL SHUFFLE TWICE

- 1-2** Step right diagonal right forward, touch left next to right
- 3&4** Step left diagonal left forward, step right next to left, step left diagonal left forward
- 5-6** Step right diagonal right forward, touch left next to right
- 7&8** Step left diagonal left forward, step right next to left, step left diagonal left forward

RIGHT STEP FORWARD, LEFT, TOUCH SIDE, CROSS, ¼ TURN BACK, SIDE, FORWARD HIP SWAYS

- 1-2** Step right forward, touch left to left side
- 3-4** Step left across right, step right back with ¼ turn left
- 5-6** Step left to left side, right step forward
- 7-8** Step left to left side and sway hips left, right, left (3)

FULL TURN LEFT,, CHASSE, CROSS, ¾ TURN RIGHT,, CHASSE ¼ LEFT

- 1-2** Make ½ left stepping back on right, make ½ turn left stepping forward on left
- 3&4** Step right to right side, step left next to right, step right to right side
- 5-6** Step left across right, make ¾ turn right
- 7&8** Step left to left side, right next to left, step left to left side with ¼ turn left

RIGHT MAMBO FORWARD, LEFT, MAMBO BACK, RIGHT, TOUCH FORWARD, TOUCH SIDE, TOUCH BACK, ½ TURN RIGHT

- 1&2** Rock right forward, recover on left, step right back
- 3&4** Rock left back, recover on right, step left forward
- 5-6** Touch right forward, touch right to right side
- 7-8** Touch right back, make ½ turn right (weight on right)

LEFT SIDE MAMBO, RIGHT, SIDE MAMBO, HIP SWAYS

- 1&2** Rock left to left side, recover on right, step left next to right
- 3&4** Rock right to right side, recover on left, step right next to left
- 5-6** Step left step to left and push hip to left, push hip to right side
- 7&8** Push hips left, right, left (weight ends on left)

REPEAT