

# Frienzi's Okie!

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**Count:** 176      **Wall:** —      **Level:** Phrased Intermediate

**Choreographer:** Lye Soo Lean & Anlas Cheong (Singapore) Oct 2016

**Music:** Ok Na Ka by Katreeya

**Intro : 16 counts after 1st strong beat**

**Sequence : A, BBB Tag1 C, BBB Tag 1 C, AD Tag2, Modified C Modified C**

**PART A (48 counts)**

**A1. CROSS ROCK RECOVER SIDE SHUFFLE X 2 (R,L).**

**123&4**      Rock R over L, Recover on L, Step R to R side, Step L besides R, Step R to R side.

**567&8**      Rock L over R, Recover on R, Step L to L side, Step R besides L, Step L to L side.

**A2. ROCK FWD RECOVER COASTER STEP X 2 (R,L).**

**123&4**      Rock R fwd, Recover on L, Step R back, Step L besides R, Step R fwd.

**567&8**      Rock L fwd, Recover on R, Step L back, Step R besides L, Step L fwd.

**A3. CROSS SIDE SAILOR STEP X 2 (R,L).**

**123&4**      Cross R over L, Step L to L side, Step R behind L, Step L to L side, Step R to R side.

**567&8**      Cross L over R, Step R to R side, Step L behind R, Step R to R side, Step R to L side.

**A4. FWD CROSS POINT, BACK CROSS POINT; BACK CROSS POINT, FWD CROSS POINT.**

**1234**      Fwd cross R over L, Point L to L side, Back cross L behind R, Point R to R side.

**5678**      Back cross R behind L, Point L to L side, Fwd cross L over R, Point R to R side.

**A5. 1/8R DIAG. WALK FWD KICK; WALK BACK SQUARE OFF JUMP.**

**12341/8R diagonal walk fwd R L R, Kick L fwd with R hand raise up.**

**5678**      Walk backward L R, 1/8L square off with both legs together, jump with R hand pump up.

**A6. 1/8L DIAGONAL WALK FWD KICK; WALK BACK SQUARE OFF JUMP.**

**12341/8L diagonal walk fwd L R L, Kick R fwd with L hand raise up.**

**5678**      Walk backward R L, 1/8R square off with both legs together, jump with L hand pump up.

**PART B (32 counts)**

**B1. 1/8R DIAGONAL FWD, PIVOT ½ TURN, FWD SHUFFLE; FWD 1/8R SQUARE OFF CROSS SHUFFLE.**

**123&4** 1/8R diagonal R step fwd, Pivot ½ L turn, Step R fwd, Lock L behind R, Step R fwd.

**567&8** Step L step, 1/8 R square off R recover, Cross L over R, Step R to R side, Cross L over R.

**B2. SIDE ROCK BEHIND SIDE CROSS X 2 (R,L).**

**123&4** Rock R to R side, Recover on L, Step R behind L, Step L to L side, Cross R over L.

**567&8** Rock L to L side, Recover on R, Step L behind R, Step R to R side, Cross L over R.

**B3. SIDE SHUFFLE BACK RECOVER X 2 (R,L).**

**1&234** Step R to R side, Step L besides R, Step R to R side, Step L behind R, Recover on R.

**5&678** Step L to L side, Step R besides L, Step L to L side, Step R behind L, Recover on L.

**B4. TOE STRUT, ¼ L TOE STRUT; ¼ R JAZZ BOX.**

**1234** Touch R toe fwd, Step down on R heel, ¼ L turn Touch L toe fwd, Step down on L heel.

**5678** Cross R over L, Step back on L, ¼ R turn Step R to R side, Step L besides R.

**PART C (32 counts)**

**C1. 1/8L BOUNCE, STRAIGHTEN; OUT, OUT, IN, IN.**

**1234** 1/8 L diagonal both knee bend with R palm facing inwards, raise to ear level and bend elbow towards you, both heels up (bounce) and straighten R elbow upright with fingers closed, both knee bend with R palm facing inwards, raise to ear level and elbow bend towards you, both heels up (bounce) and straighten R elbow upright with fingers closed.

**5678** 1/8 R Step R diagonal fwd to R, Step L diagonal fwd to L, Step R diagonal back, Step L diagonal back besides R.

**C2. ¼ R OUT, OUT, IN, IN; FWD, \*\*PIVOT ¼ L TURN, CROSS, CLOSE.**

**1234** ¼ R turn Step R diagonal fwd to R, Step L diagonal fwd to L, Step R diagonal back, Step L diagonal back besides R.

**5678** \*\*Step R fwd, Pivot ¼ L turn, Cross R over L, Step L besides R.

**C3 & C4. REPEAT C1 & C2.**

**\*\* NOTE : CHANGE TO ROCK FWD RECOVER BACK CLOSE FOR MODIFIED C.**

**Modified C - \*\* 5678 Rock R fwd, Recover on L, Step R back, Step L besides R.**

**PART D (32 counts)**

**D1. DIAGONAL FWD DRAG; L DIAGONAL FWD DRAG.**

**1234R diagonal R step fwd with R palm back place besides L cheek, L drag in and point close to R in 3 counts with R palm sweeps along face line end at R side.**

**5678L diagonal L step fwd with L palm back place besides R cheek, R drag in and point close to L in 3 counts with L palm sweeps along face line end at L side.**

**D2. ROLLING VINE; SWAY.**

**1234 $\frac{1}{4}$  R turn Step R fwd,  $\frac{1}{2}$  R turn Step L back,  $\frac{1}{4}$  R turn Step R to side, Point L besides R.**

**5678L Step L side sway, hold, Step R to R side sway, hold.**

**D3. R DIAGONAL BACK DRAG; DIAGONAL BACK DRAG.**

**1234R diagonal L step back with L palm back place besides R cheek, R drag in and point close to L in 3 counts with L palm sweeps along face line end at L side.**

**5678L diagonal R step back with R palm back place besides L cheek, L drag in and point close to R in 3 counts with R palm sweeps along face line end at R side.**

**D4. ROLLING VINE; SWAY.**

**1234 $\frac{1}{4}$  L turn Step L fwd,  $\frac{1}{2}$  L turn Step R back,  $\frac{1}{4}$  L turn Step L to side, Point R besides L.**

**5678R Step R side sway, hold, Step L to L side sway, hold.**

**TAG 1 (8 counts) -  $\frac{3}{4}$  R SMALL STEPS RUN**

**1234S Start to make a  $\frac{3}{4}$  turn L, Run round taking small steps - Stepping R L R L.**

**5678** Finish the  $\frac{3}{4}$  turn L, Run round taking small steps - Stepping R L R, Step L besides R.

**TAG 2 (24 counts)**

**[1-16]. (POINT DIAGONAL R UP, DIAGONAL L UP, DIAGONAL R DOWN,DIAGONAL L DOWN) X 4**

**1234R finger point diagonal R up, L finger point diagonal L up, R finger point diagonal R down, L finger point diagonal down.**

**5-16** Repeat the above 4 counts x 3

**[17-24] ¼ L BEND BOTH KNEE, HOLD; STRAIGHTEN KNEE.**

**1234¼ L turn with both knees bend and drop / pump R hand down, hold for 3 counts.**

**5678** Slowly straighten both knee and R hand draw an anti-clockwise "O" as you straighten up.

**As you will go straight into modified C, the 1st count of 1/8L turn will change to 1/8 R turn.**

**Happy dancing and keep smiling.**

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