

# FREAK IT

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**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Ryan Pearson

**Music:** Mambo Mambo by Lou Bega

## ROCK FORWARD AND BACK, ¼ TURN LEFT, CHASSE LEFT

- 1-2 Rock forward on right foot, recover weight. Back onto left
- 3-4 Rock back on right foot, recover weight onto left
- 5-6 Step forward on right foot and pivot ¼ turn left, touch left toe beside right
- 7&8 Step left foot to left side, close right beside left, step left foot to left side

## SYNCOPATED TOE TOUCHES, STEP BEHIND, SIDE IN FRONT TWICE

- 1&2 Touch right toe to right side, touch right toe in place, touch right toe to right side
- 3&4 Cross right behind left, step left foot to left side, cross right over left
- 5&6 Touch left toe to left side, touch left toe in place, touch left toe to left side
- 7&8 Cross left behind right, step right foot to right side, cross left over right

## MAMBO ROCKS FORWARD AND BACK, ROCK STEP, TRIPLE ½ TURN RIGHT

- 1&2 Rock forward on right foot, recover weight onto left, step right foot next to left
- 3&4 Rock back on left foot, recover weight onto right, step left foot next to right
- 5-6 Rock forward on right, recover weight back onto left,
- 7&8 Make ½ turn right stepping right, left, right

## LEAN LEFT SHIMMY, LEAN RIGHT SHIMMY

- 1&2 Step left foot to left side, shimmy, lean left taking weight,
- 3&4 Shimmy right bringing left foot back in place taking weight on left
- 5&6 Step right foot to right side, shimmy, lean right taking weight
- 7&8 Shimmy left bringing right foot back in place taking weight on right

## LEFT AND RIGHT DIAGONAL STEPS FORWARD, BACK

- &1-2 Step left foot forward to left diagonal, touch right next to left, hold
- &3-4 Step right foot forward to right diagonal, touch left toe next to right, hold
- &5-6 Step left foot diagonally back, touch right toe next to left, hold

**&7-8** Step right foot diagonally back, touch left toe next to right, hold

### **LEFT GRAPEVINE WITH ¼ TURN, KICK, WALK BACK, TOUCH**

**1-2** Step left foot to left side, cross right foot behind left

**3-4** Step left foot to left side making ¼ turn left, kick right foot forward

**5-8** Walk back right, left, right, touch left toe back

### **½ TURN LEFT TWICE, STEP CLAP, SHIMMY**

**1-2** Step left foot forward, pivot ½ turn right

**3-4** Step left foot forward, pivot ½ turn right,

**&5-6** Step left foot forward, step right beside left, clap

**7&8** Shimmy down and up on the spot

### **ROCK STEP, SHUFFLE BACK, TOUCH, KICK SWEEP ¾ TURN LEFT**

**1-2** Rock forward on right foot, recover weight back onto left

**3&4** Shuffle back right, left, right

**5-6** Touch left toe next to right, kick left foot forward

**7-8** Sweep left foot behind right making ¾ turn left

### **REPEAT**