



Freal The Beat– Jonathan Williamson (UK) – March 2014

64 count 2 wall Improver Dance.

Choreographed to: I'm a Freak (feat. Pitbull) by Enrique Iglesias (128 BPM) from Sex and Love Album.

Start Dance: Count 48 (22 seconds) from beginning of track

WALK ,WALK, OUT, OUT, STEP KNEE DIPS X2

1-2	Walk forward right, left
&3-4	Step right to right side, step left to left side, step forward on right
5-6	Bending at knees 'sit' down, stand back up keeping weight on left
7-8	Bending at knees 'sit' down, stand back up keeping weight on left

CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS SHUFFLE

1-2	Cross right over left, step left to left side
3-4	Step right behind left, sweep left foot from front to back
5-6	Step left behind right, step right to right side
7&8	Cross left over right, step right to right side, cross left over right

¼, ½, ¾ SHUFFLE, ROCK, RECOVER, COASTER STEP

1-2	¼ turn right stepping forward right, ½ turn right stepping back left
3&4	½ turn right stepping forward right, step left besides right, stepping forward right
5-6	Rock forward left, recover weight back on right
7&8	Step back left, step right besides left, step forward left

FORWARD, SIDE, SWITCH AND SWITCH, CROSS POINT, SIDE POINT, HITCH AND STEP

1-2	Point right toe forward, point right toe to right side
&3&4	Step right besides left, point left to left side, step left besides right, point right to right side
5-6	Point right across left, point right to right side
7-8	Hitch right knee , step forward right

KICK BALL CROSS X2, ROCK, RECOVER, BEHIND SIDE CROSS

1&2	Kick left to left diagonal, step left besides right, cross right over left
3&4	Kick left to left diagonal, step left besides right, cross right over left
5-6	Rock left to left side, recover weight back on right
7&8	Step left behind right, step right to right side, cross left over right

KICK BALL CROSS, AND CROSS, SIDE, ROCK RECOVER, SHUFFLE ½ TURN

1&2	Kick right to right diagonal, step right besides left, cross left over right
&3-4	Step right to right side, cross left over right, step right to right side
5-6	Rock back left, recover weight forward on right
7&8	½ turn right stepping back on left, step back right besides left, step back left

ROCK RECOVER, ½ TURN X2, RIGHT SHUFFLE, STEP ¼ TURN

1-2	Rock back right, recover weight forward on left
3-4	½ turn left stepping back right, ½ turn left stepping forward left
5&6	Step forward right, step left besides right, step forward right
7-8	Step forward left, ¼ turn left

CROSS, SIDE, SAILOR STEP, CROSS, ¼, ¼, STEP

1-2	Cross left over right, step right to right side
3&4	Sweep left behind right, step right to right side, step left besides right
5-6	Cross right over left, ¼ turn right stepping back left
7-8	¼ turn right stepping forward right, step forward left

ENDING

Dance finishes on step 32 of wall 7.

To end dance, after hitch step (31), ¼ turn left stepping forward left to finish dance on front wall.