

## Freek U

64 count, 4 wall, intermediate level

Choreographer: Francien Sittrop (Dec 2006)

Choreographed to: Freek U by Bon Garcon

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After 32 Counts on heavy beat

**1 – 8 R. Kick Ball Step x2, Rock, Recover, Coaster Step**

- 1 & 2 Kick Right diagonal Right forward, Step Right next to Left, Step Left forward (1)  
3 & 4 Kick Right diagonal Right forward, Step Right next to Left, Step Left forward  
5 – 6 Rock Right Forward, Recover on Left (12)  
7 & 8 Step Right back, Step Left next to Right, Step Right forward

**9-16 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 (11)  
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 (12)

**17-24 Skate Out, Skate Out, In, In, R Step Forward, ½ Turn R. 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 (6)  
7 & 8 Step Left to Down en push hip to the Left, Right, Left (Weight ends on Left)

**25-32 R. Diagonal Step, Touch , L. Diagonal Shuffle x2**

- 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

**33-40 R. Step Forward, L. 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 fwd  
7 – 8 Step left to left side and sway hips L,R,L (3)

**41-48 Full Turn L., Chasse, Cross, ¾ Turn R., Chasse ¼ L.**

- 1 – 2 Make ½ Left stepping back on Right, Make ½ turn Left stepping fwd 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 (12)  
7 & 8 Step Left to left side, Right next to Left, Step Left to left side wit ¼ Turn Left (9)

**49-55 R. Mambo Forward, L. Mambo Back, R. Touch Forward, Touch Side, Touch Back, ½ Turn R.**

- 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) (3)

**56-64 L. Side Mambo, R. 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 L,R,L (Weight ends on Left) (3)