

## Freeze Frame

Phrased, 1 wall, intermediate level

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Choreographed to: Freeze Frame by J. Geils Band

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Sequence: AAB, ABC, AB, AA

### PART A

#### SYNCOPATED FORWARD ROCK STEPS WITH ½ PIVOT WALK WALK

- 1&2& Step right forward, rock left side left, step right center, step left forward  
3&4& Rock right side right, step left center, step right forward, step left forward  
5-6-7-8 Step right forward, pivot ½ left, weight left, walk right forward, walk left forward

#### REPEAT 1-8, SYNCOPATED FORWARD ROCK STEPS WITH ½ PIVOT WALK WALK

- 1&2& Step right forward, rock left side left, step right center, step left forward  
3&4& Rock right side right, step left center, step right forward, step left forward  
5-6-7-8 Step right forward, pivot ½ left, weight left, walk right forward, walk left forward

#### TOUCH 4 X, CROSS BACK, SYNCOPATED VINE LEFT

- 1-4 Touch right forward, touch right back, touch right forward, touch right back  
(Touch forward to the left diagonal and touch back to the right diagonal)  
5-6 Cross right over left, step back on left  
&7&8& Step right back/side right, step left in front of right, step right side right,  
step left behind right, step right side right

#### TOUCH 4 X, CROSS BACK, SYNCOPATED VINE RIGHT

- 1-4 Touch left forward, touch left back, touch left forward, touch left back  
(Touch forward to the right diagonal and touch back to the left diagonal)  
5-6 Cross left over right, step back on right  
&7&8& Step left back/side left, step right in front of left, step left side left,  
step right behind left, step left side left

#### CROSS UNWIND, ¾ TURN, MAMBO LEFT, KICK, BALL, CHANGE

- 1-4 Cross right over left, unwind left for a ¾ turn,  
lift & replace the heels 3 times as you turn (weight on right)  
5&6 Step left side left, step right in place, step left next to right  
7-8 Kick right forward, step on ball of right, step left slightly forward

#### STEP ½ TURN, COASTER, STEP ¾ TURN, COASTER

- 1-2-3&4 Step right forward, turn ½ right stepping back on left, step right back,  
step left next to right, step right forward  
5-6-7&8 Turn ¼ left onto left, turn ½ left stepping back on right, step left back,  
step right next to left, step left forward

### PART B

#### FREEZE FRAME: STEP, HOLD, ½ PIVOT HOLD, REPEAT, JAZZ BOX

- 1-8 Step right forward, hold (snap a picture), pivot ½ left onto left, hold (snap a picture)  
repeat counts 1-4  
9-12 Cross right in front of left, step left back, step right center, step left slightly forward

### PART C

#### HEELS & HEEL & CROSS SIDE BEHIND ¼ TURN LEFT, REPEAT 3 MORE TIMES

- 1&2& Touch right heel forward, step right center, touch left heel forward, step left slightly back  
3&4& Cross right in front of left, step left side lift, step right behind left, turn ¼ left stepping onto left
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