

## Frequency

64 Count, 4 Wall, Intermediate

Choreographer: Karl-Harry Winson (UK) March 2012

Choreographed to: Me And My Radio by Eric Saade,

CD: Saade Vol.1 (120bpm)

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Intro: 32 Counts (Start on Vocal)

**1 Side Rock. Right Cross Shuffle. Side Rock. Left Cross Shuffle**

- 1-2 Rock Right to Right side. Recover weight on Left.  
3&4 Cross Right over Left. Step Left to Left side. Cross step Right over Left.  
5-6 Rock Left to Left side. Recover weight on Right.  
7&8 Cross Left over Right. Step Right to Right side. Cross Step Left over Right.

**2 Side Step. Sailor 1/4 Heel. Ball-Step. Full turn Right. Step 1/4 Cross**

- 1 Step Right to Right side.  
2&3 Cross Left behind Right. Step Right beside Left making 1/4 turn Left. Dig Left heel forward (9.00)  
&4 Step Left foot beside Right. Step forward on Right.  
5-6 Make 1/2 turn Right stepping Left back (3.00). Make 1/2 turn Right stepping Right forward (9.00).  
7&8 Step forward on Left. Pivot 1/4 turn Right. Cross step Left over Right (12.00).

**\*Restart here on Wall 3 (6.00)****3 Side Rock. Sailor Step. Back Rock. 1/2 turn Right**

- 1-2 Rock Right to Right side. Recover weight on Left.  
3&4 Cross Right behind Left. Step Left out to Left side. Step out on Right.  
5-6 Rock back on Left slightly crossing behind the Right. Recover weight forward on Right.  
7-8 Make 1/4 turn Right stepping back on Left (3.00).  
Make 1/4 turn Right stepping Right to Right side (6.00)

**4 Side-Hold. Ball-Side-Touch. Side-Touch. 1/4 turn Left. Cross Step**

- 1-2 Step Left to Left side. Hold.  
&3-4 Step Right beside Left. Step Left to Left side. Touch Right beside Left.  
5-6 Step Right to Right side. Touch Left beside Right.  
7-8 Make 1/4 Left stepping Left to Left side (3.00). Cross Step Right over Left and slightly forward.

**5 Side-Behind. & Heel Jack. Hold. Ball-Cross. Side Step. Sailor 1/4 turn**

- 1-2 Step Left to Left side. Cross step Right behind Left.  
&3-4 Step Left to Left side. Dig Right heel towards Right diagonal. Hold.  
&5-6 Step Right beside Left. Cross step Left over Right. Step Right to Right side.  
7&8 Cross Left behind Right. Step Right beside Left making 1/4 turn Left. Step forward on Left (12.00).

**6 Side-Behind. & Heel Jack. Hold. Ball-Cross. Side Step. Right Sailor Step**

- 1-2 Step Right to Right side. Cross step Left behind Right.  
&3-4 Step Right to Right side. Dig Left heel towards Left diagonal. Hold.  
&5-6 Step Left beside Right. Cross step Right over Left. Step Left out to Left side.  
7&8 Cross Right behind Left. Step out on Left. Step out on Right.

**7 Cross Rock. Side Rock (Hip Sway). Behind Step. 1/4 turn Right. Forward Rock**

- 1-2 Cross Rock Left over Right. Recover weight on Right.  
3-4 Rock Left to Left side swaying Hips Left. Recover weight on Right.  
5-6 Cross Left behind Right. Make 1/4 Right stepping Right forward (3.00).  
7-8 Rock forward on Left. Recover weight back on Right.

**8 Full Turn Left. Coaster Step. Walk forward X2. Kick Ball-Step**

- 1-2 Make 1/2 turn Left stepping Left forward (9.00). Make 1/2 turn Left stepping Right back (3.00).  
3&4 Step back on Left. Step Right beside Left. Step forward on Left.  
5-6 Walk forward on Right. Walk forward on Left.  
7&8 Kick Right forward. Step Right beside Left. Step forward on Left.

**\*Tag here at the end of Walls 1 and 4****\*Tag:** Happens at the end of Wall 1 (3.00) and 4 (9.00):**Step Pivot 1/2 turn X2. Right Jazz Box.**

- 1-4 Step Right forward. Pivot 1/2 turn Left. Step Right forward. Pivot 1/2 turn Left.  
5-8 Cross Right over Left. Step back on Left. Step Right to Right side. Cross Step Left over Right.

**\*Restart:** Dance the first 2 sections of Wall 3 (16 counts) and restart the dance.