



AK Freak

Choreographed by **Rachael McEnaney & Guyton Mundy (June 2014)**

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Description:	64 Counts, 2 Wall, Advanced Level Line Dance
Music:	"I'm A Freak" Enrique Iglesias feat. Pitbull (available on itunes and all major mp3 websites, approx 3.39mins)
Count In:	48 counts from start of track. <i>Approx 128bpm</i>
Choreographer's NOTE:	"We choreographed this dance by request from Arizona Kid in Palavas, France where we did a workshop together in June 2014, we dedicate the dance to all the members and everyone that joined us"

Section	Footwork	(PAGE 1 of 2)	End Facing
1 - 8	R ball, L cross, R tap, R press, hold 3 with lunge R, L ball, R cross, L side, L ¼ turn, body dip (with arms)		
& 1 & 2	Step in place on ball of right (&), cross left over right (1), tap right slightly out to right side (&), press right to right side (2)		12.00
3 & 4	Lunge to right side taking upper body to right (3), step in place on ball of left (&), cross right over left (4)		12.00
5 6	Step left to left side (<i>as you take right arm across body (palm facing down)</i>) (5), make ¼ turn left by twisting heels to right (<i>as you pull right hand in towards right shoulder</i>) (6) easy option: no arms		9.00
7 8	Body dip/roll – bend both knees as if sitting down – lift bottom up as if someone pulling on top of jeans – straighten knees (this action happens over counts 7-8 and is a smooth rolling action easy option: bump hips back (7), bump hips fwd (8) weight ends left		9.00
9 - 16	R ball, L fwd rock (option body roll), L ball, R back, R knee pop, R shoulder dip, R ball, L step, Walk R L		
& 1 2	Step ball of right next to left (&), rock forward left (<i>option begin backwards body roll</i>) (1), recover weight right (<i>finish body roll</i>) (2)		9.00
& 3 & 4	Step ball of left next to right (&), step back right (3), pop right knee out towards 12.00 (<i>swivel right heel</i>) (&), return right knee & heel (4)		9.00
& 5	Open upper body to 12.00 as you dip right shoulder back (&), return body & shoulder to 9.00 putting weight on left (5),		9.00
& 6 7 8	Step ball of right next to left (&), step forward left (6), step forward right (7), step forward left (8)		9.00
17 - 24	Make ¾ turn L stepping onto R whilst sweeping L, L behind-side-cross, R side rock, R behind-side-fwd		
1 2	Make ½ turn left as you step back on right (<i>bend R knee</i>) and begin sweeping left leg (1), continue sweeping left making ¼ turn left (2) <i>Note: this is one fluid motion</i>		12.00
& 3 4	Cross left behind right (&), step right to right side (3), cross left over right (4)		12.00
5 6	Rock right to right side (<i>almost like a press</i>) (5), recover weight left (6),		12.00
7 & 8	Cross right behind left (7), step left to left side (&), step forward right (8)		12.00
25 - 32	L & R toe press's forward with optional batucada styling, ¼ turn R, point L, L ball, R cross		
1 2 & 3 4	Press ball of left forward (1), hold (2), step back left (&), press ball of right forward (3), hold (4) <i>Styling note: As you press ball of foot forward push hip forward & up, on the hold keep rotating hip outwards in order to step back</i> <i>Easier option no styling: instead of thinking of it as a press think of it as just a 'toe touch' forward</i>		12.00
& 5 & 6	Step back right (&), press ball of left forward (5), step back left (&) press ball of right forward (6) <i>Styling/option note: Same action applies just at a quicker speed – push hip forward, up and round to step back. Easy option same</i>		12.00
& 7 & 8	Make ¼ turn right stepping right to right side (&), point left toe to left side (7), step in place on ball of left (&), cross right over left (8)		3.00
33 - 40	Side L, side R, ¼ L, fwd R, ½ turn L, ¼ turn L stepping side R, L behind, ¼ turn R		
1 2 3	Step left to left side (<i>push hip left</i>) (1), step right to right side (<i>push hip right</i>) (2), make ¼ turn left stepping forward left (3),		12.00
4 5 6	Step forward right (4), pivot ½ turn left (5), make ¼ turn left stepping right to right side (6),		3.00
7 8	Cross left behind right (7), make ¼ turn right stepping forward right (8)		6.00
41 - 48	Syncopated lock step forward, rock fwd L, walk back L-R		
1 & 2	Step left forward on left diagonal (1), lock right behind left (&), step left forward on left diagonal (2)		6.00
& 3 4	Step right forward on right diagonal (&), lock left behind right (3), step right forward on right diagonal (4)		6.00
5 6 7 8	Rock forward left (5), recover weight right (6), step back left (<i>drop left shoulder slightly</i>) (7), step back right (<i>drop right shoulder slightly</i>) (8)		6.00

	(PAGE 2 of 2)	
49 - 56	¼ turn L, point R, ¼ turn R, ¼ turn R as you point L, L cross-out-out, R knee roll in-out	
1 2	Make ¼ turn left stepping left to left side (1), point right to right side (2)	3.00
3 4	Make ¼ turn right stepping forward right (3), make ¼ turn right as you point left to left side (4)	9.00
5 & 6	Cross left over right (5), step right to right side (slightly back) (&), step left to left side (shoulder width apart) (6)	9.00
7 8	With weight on left roll right knee in towards left (7), roll right knee out to right transferring weight right (8) <i>Styling option: Make the same action with your right arm, almost like a whip.</i>	9.00
57 - 64	L side, R crossing shuffle, ¼ turn L stepping forward L, R fwd, L ball side rock, L cross, R kick,	
1	Push off right foot as you step left to left side (<i>style option: push right hand down to right side and try step onto straight leg</i>) (1)	9.00
2 & 3 4	Cross right over left (2), step left to left side (&), cross right over left (3), make ¼ turn left stepping forward left (4)	6.00
5 & 6	Step forward right (5), rock ball of left to left side (&), recover weight right (6)	6.00
7 8	Cross left over right (7), kick right to right diagonal (8)	6.00

START AGAIN – HAVE FUN ☺



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