

U A FREAK

Choreographed by: Amy Spencer (Jan 08)

Music: **U A Freak** by **Chingy**

Descriptions: 48 count - 2 wall - Beginner level line dance

Intro: 32 Counts

§1 **Stomp Knee In Out x4**

1&2 Stomp R fwd, turn knees inwards, recover

3&4 Stomp L fwd, turn knees inwards, recover

5&67&8 Repeat counts1&23&4 above.

§2 **Hit, Hit, Switch, Hit, Hit, Clap, Palms Down, Up, Down, Snap, Snap**

1& Push both hands fwd (aka. Paddy Cake)

2& R palm face down and L palm face up, R palm face up and L palm face up

3& Push both hands fwd (aka. Paddy Cake)

4 Clap

5&6 Palms clap down on top of elbows, back of palms clap together, palms clap down on top of elbows

7&8 Open arms half way and snap then continue to open arms and snap again

§3 **Kick, Kick, Coaster Step, Walk Fwd, Open Side, Arms Swing**

123&4 Kick R fwd twice (in contra position connect with person)

5-8 Continue to move fwd step L fwd, step R to R, swing R arm in a big circle front to back to end on R butt, repeat L arm

§4 **Body Pops x4, Slide Step, Step touch**

1-4 Keeping hands on butt and feet open pop upper body to R-L-R-L

5-8 Slide R to R, step L beside R, step R back, touch L beside R

§5 **Slide Step, Step, touch, Step Snake hitch, Snake hitch**

1-4 Slide L to L, step R beside L, step L fwd, touch R beside L

5-8 Step R to R while snaking upper body to R, hitch L, step L to L while snaking upper body to L, hitch R

§6 **Triple Step, Triple Step, ½ R Triple Step, Hop, Kick Ball-Change**

1&23&4 Triple step fwd on R-L-R, triple step fwd on L-R-L

5&67&8 ½ R triple step turn, hop on L while kick R fwd, step R down, step L beside R.

Repeat! No Tag! No Restart!!

