

Freeze Frame

Description: *Phrased line dance - 1 wall - Difficulty: Intermediate BPM:100 Intro: 32 ct ("I can see")*
Choreographers: *Michele Burton & Michael Barr* **Date:** *October, 2006*
Suggested Music: *"Freeze Frame" by J. Geils Band - CD: Arena Rock Vol.3 Greatest Rock Hits of the 80's*
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A. MAIN BODY OF DANCE

1 - 8 SYNCOPATED FORWARD ROCK STEPS W 1/2 PIVOT WALK WALK

1 & 2 & Step R forward; Rock L side left; Step R center; Step L forward
3 & 4 & Rock R side R; Step L center; Step R forward; Step L forward
5-6-7-8 Step R forward ; Pivot ½ left, weight L; Walk R forward; Walk L forward

9 - 16 REPEAT 1-8 - SYNCOPATED FORWARD ROCK STEPS W/ 1/2 PIVOT WALK WALK

1 & 2 & Step R forward; Rock L side left; Step R center; Step L forward
3 & 4 & Rock R side R; Step L center; Step R forward; Step L forward
5-6-7-8 Step R forward; Pivot ½ left, weight L; Walk R forward; Walk L forward

17 - 24 TOUCH 4 X – CROSS BACK – SYCOPATED VINE LEFT

1 - 4 Touch R forward; Touch R back; Touch R forward; Touch R back,
Note: **Touch forward to the left diagonal and touch back to the right diagonal**
5 - 6 Cross R over left; Step back on L
& 7 & 8 & Step R back/side right; Step L in front of right; Step R side right; Step L behind right; Step R side right

25 - 32 TOUCH 4 X – CROSS BACK – SYCOPATED VINE RIGHT

1 - 4 Touch L forward; Touch L back; Touch L forward; Touch L back
Note: **Touch forward to the right diagonal and touch back to the left diagonal**
5 - 6 Cross L over right; Step back on R
& 7 & 8 & Step L back/side left; Step R in front of left; Step L side left; Step R behind left; Step L side left

33 - 40 CROSS UNWIND – 3/4 TURN – MAMBO LEFT – KICK – BALL - CHANGE

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

41 - 48 STEP 1/2 TURN - COASTER - STEP 3/4 TURN - COASTER

1-2 - 3 & 4 Step R forward; Turn ½ right stepping back on L; Step R back; Step L next to right; Step R forward
5-6 - 7 & 8 Turn ¼ left onto L; Turn ½ left stepping back on R; Step L back; Step R next to left; Step L forward

Sequence: A,A,B,A,B,C,A,B,A,A

A: 48 cts MAIN BODY OF DANCE

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B: 12 cts FREEZE FRAME: STEP - HOLD - 1/2 PIVOT HOLD - REPEAT - JAZZ BOX

1 - 8 Step R forward; Hold (snap a picture); Pivot ½ left onto L; Hold (snap a picture) REPEAT cts.1-4

9 - 12 Cross R in front of L; Step L back; Step R center; Step L slightly forward

A: 48 cts MAIN BODY OF DANCE

B: 12 cts FREEZE FRAME – SAME AS ABOVE

C: 16 cts: BRIDGE: HEELS & HEEL & CROSS SIDE BEHND ¼ TURN LEFT – REPEAT 3 MORE TIMES

1&2& Touch R heel forward; Step R center; Touch L heel forward; Step L slightly back

3&4& Cross R in front of left; Step L side lift; Step R behind left; Turn ¼ left stepping onto L

A: 48 cts MAIN BODY OF DANCE

B: 12 cts FREEZE FRAME – SAME AS ABOVE

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