

FREEZE

Music: Various modern "disco" tunes at medium tempo

Meter: 4/4 (some 2/4)

Formation: Scattered (or facing partner)

MEAS	COUNT		COUNT	MEAS
1	1	facing slightly R, step to R	1	1
	&	facing fwd (original position) bring L to R	2	
	2&	repeat 1&	3-4	
2	1&2&	Reverse meas 1, counts 1-4.	1,2,3,4	2
3	1,2	Step Back on R, touch left beside R	1,2	3
4	1,2	Step forward on L, touch right beside L	1,2	4
5	1,2	Same as meas 3, counts 1,2 (bend knees slightly on 2)		
6	1,2	Freeze		
7	1	swing L behind R		
	&	step L behind R		
	2	step R in place		
8	1	step L to L, begin R swing behind L		
	&	R behind L		
	2	step L in place		
9	1&2	Reverse footwork of meas 6 turning 1/4 to L		
10	1	step L facing slightly L		
	2	hold		

Presented by
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5/73