

LE FREAK

HOLIDAY CAMP 1979

(Begin when record says "Freak Out")

Right	Double Step - backward	Standing on your LEFT FOOT. -
Left	Double Step - backward	
Right	Double Step - backward	Point with your RIGHT FOOT as
Left	Rock - in place	follows:
Right	Step	
Left	Double Step - forward	Right Forward
Right	Double Step - forward	Right Forward
Left	Double Step - forward	Right Back
Right	Rock - in place	Right Back
Left	Step	Right Forward
		Right Back
		Right Side-as you point to
Right	Double Step - roll to right	the side pivot on
Left	Double Step - roll to right	left foot to make
Right	Double Step - roll to right	1/2 turn to left
Left	Rock - in place	
Right	Step	
Left	Double Step - roll to left	
Right	Double Step - roll to left	
Left	Double Step - roll to left	(You should be in the starting
Right	Rock - in place	position again)
Left	Step	
Right	Double Toe - step slightly forward	
Right	Heel - drop right heel and raise left heel	
Left	Heel - drop left heel and raise right heel	
Right	Heel - drop right heel	
Left	Rock - bring left foot in close to right instep	
Right	Step	
Left	Double Toe - step slightly forward	
Left	Heel - drop left heel and raise right heel	
Right	Heel - drop right heel and raise left heel	
Left	Heel - drop left heel	
Right	Rock - bring right foot in close to left instep	
Left	Step	
Right	Double Toe - step out to the side (feet should be about 10" apart)	
Right	Heel - drop right heel and raise left heel	
Left	Heel - drop left heel and raise right heel	
Right	Heel - drop right heel	
Left	Rock - bring left foot in close to right instep	
Right	Step	
Left	Double Toe - step out to the side (feet should be about 10" apart)	
Left	Heel - drop left heel and raise right heel	
Right	Heel - drop right heel and raise left heel	
Left	Heel - drop left heel	
Right	Rock - bring right foot in close to left instep	
Left	Step	
Right	Double Step	
Left	Rock	
Right	Step	
Left	Double Step	
Right	Rock	
Left	Step	

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