

U A FREAK

48 Count - Hip Hop Contra Dance - Beg Level

Song: "U A Freak" by Chingy - available on iTunes

Choreographed by: Amy Spencer (January 2008)

32 count introduction

Stomp knee in out, stomp knee in out, stomp knee in out, stomp knee in out

1&2 3&4 Stomp right foot forward then turn knees inward and recover, stomp left foot forward then turn knees inward and recover.

5&6 7&8 Stomp right foot forward then turn knees inward and recover, stomp left foot forward then turn knees inward and recover.

Hit hit switch switch hit hit clap, palms down up down snap snap

1&2&3&4 Push both hands forward 2x (aka Paddy cake) Right arm up left down and switch position to left arm up and right arm down. Push both hands forward 2x (aka Paddy cake), clap hands together.

5&6 7 8 Palms clap down on top of elbows, back of palms clap together then palms clap down on top of elbows. Open arms half way and snap then continue to open arms and snap again.

Kick kick behind step, side step, forward step, walk forward, step open, arm swing arm swing

1 2 3&4 Kick right leg forward 2x (in contra position feet connect with person). Swing right leg behind and step on it, step left to left side then step right foot forward.

5 6 7 8 Continue moving forward by stepping left forward. Step right to right side. Swing right arm in a big circle front to back hand should land on right butt cheek. Repeat arm swing with the left arm landing on left butt cheek.

Body pops 4x, slide step, step touch

1 2 3 4 Keeping hands on butt and feet open pop the upper body to the right, then left, then right, then left

5 6 7 8 Slide right to right side, step left next to right. Step back on the right then touch left next to right.

Slide step, step touch, step snake hitch, snake hitch

1 2 3 4 Slide left to left side, step right next to left. Step forward on the left then touch right next to left.

5 6 7 8 Step right to right side while snaking the upper body to the right hitch the left knee then snake the upper body to the left then hitch the right knee.

Triple step, triple step, $\frac{1}{2}$ turning triple step, kick out step step

1&2 3&4 Triple step moving forward right left right. Triple step again moving forward left right left.

5&6 7&8 Triple step right left right making a $\frac{1}{2}$ turn to the right. Hop back on left foot while kicking right foot forward step down on right step left next to right.

GET FUNKY and ENJOY !!!!!!!