

# “I’m A Dance Freak!”

Choreographed by Donna Caudill  
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**Description: 48 count Phrased line dance-Advanced**

**Music:** “Freak of Nature” by Anastacia

## Step Description

### Introduction 32 counts

**Start with weight on left foot**

**Walk, walk, push and replace, side rock & replace, sailor step L**

- |       |                                   |
|-------|-----------------------------------|
| 1     | Walk forward R                    |
| 2     | Walk forward L                    |
| 3 & 4 | Push step forward & replace R L R |
| 5 & 6 | Side rock L hold step R           |
| 7 & 8 | Sailor step L                     |

**Sailor step R ¼ turn, step side rock R & cross, step, hip bumps or side body roll down & up**

- |       |   |
|-------|---|
| 1 & 2 | Sailor step on R with ¼ turn R                      |
| 3     | Step L forward                                      |
| 4 & 5 | Side rock R & step, cross over L                    |
| 6     | Step side L   |
| 7 & 8 | Hip bumps or side body roll down & up (weight on L) |

**Toe dig & push, syncopated weave L, step & squat, shift shoulders R, shift shoulders L, stand up**

- |       |                               |
|-------|-------------------------------|
| 1 – 2 | Toe dig R w/ push             |
| 3 & 4 | Grapevine weave to left       |
| 5     | Step L foot to L side & squat |
| 6     | Move shoulders to R           |
| 7     | Move shoulders to L           |
| 8     | Stand up                      |

**Knee roll R, knee roll L, knee roll r, knee roll l, jump feet together**

- |       |                    |
|-------|--------------------|
| 1-2   | Knee roll R        |
| 3 – 4 | Knee roll L        |
| 5     | Knee roll R        |
| 6     | Knee roll L        |
| 7 & 8 | Jump feet together |

**Walk, walk, triple step ½ turn L, triple step ½ turn R, rock & step & point**

- |         |   |
|---------|---|
| 1       | Walk forward R                                    |
| 2       | Walk forward L                                    |
| 3 & 4   | Triple step turn ½ L                              |
| 5 & 6   | Triple step turn 1/2 R                            |
| & 7 & 8 | Rock & cross R over L & point L foot to left side |

**Cross L over R, step side R, cross L behind R, walk, walk, triple step turn**

- |       |  |
|-------|--|
| 1 – 2 | Cross L over R, step out R               |
| 3     | Cross L behind R                         |
| 4     | Step back on R turn ¼ turn L w/head roll |
| 5     | Walk forward L                           |
| 6     | Walk forward R                           |
| 7 & 8 | Triple ½ turn R                          |

This dance is phrased to fit the music.

- |                      |              |   |
|----------------------|--------------|---|
| 1 <sup>st</sup> time | Do 48 counts | A |
| 2 <sup>nd</sup> time | Do 32 counts | B |
| 3 <sup>rd</sup> time | Do 48 counts | A |
| 4 <sup>th</sup> time | Do 32 counts | B |
| 5 <sup>th</sup> time | Do 32 counts | B |
| 6 <sup>th</sup> time | Do 48 counts | A |
| 7 <sup>th</sup> time | Do 48 counts | A |

Have fun! Do something freaky while Anastacia finishes the song.