

JUNGLE FREAK

Choreographed by Pedro Machado and Bill Lorah

Music by the Jungle Brothers, Freakin' You

2 wall contra line or line dance

Lunges

- 1&2 Lunge left foot in front of right foot to right side at 45 degrees, Rock back onto right foot,
Step left foot next to right foot (recover)
3&4 Lunge right foot in front of left foot to left side at 45 degrees, Rock back onto left foot,
Step right foot next to left foot (recover)
5&6 Repeat 1&2
7&8 Repeat 3& but touch right foot to right side on count 8
(While doing lunges look try to look at the persons back side that is in front of you for styling)

Turning sailors

- 1-2 Touch right foot forward, Touch right foot to right side
3&4 Sailor step $\frac{1}{2}$ turn to right side ending with a stomp on 4 with right foot forward
5-6 Touch left foot forward, Touch left foot to left side
7&8 Sailor step $\frac{1}{2}$ turn to left side ending with a stomp on 8 with left foot forward

Kick and roll

- 1&2 Right kick ball step
3 Step up with right foot while putting right hand on right knee
4 Step down with right foot while rolling hips
5&6 Left kick ball step
7 Step up with left foot while putting left hand on left knee
8 Step down with left foot while rolling hips

Swivets and hops with turns

- 1 Step right foot forward and swivel to right side 45 degrees
2 Step left foot forward and swivel to left side 45 degrees
3,4 Repeat 1,2
&5 Hop forward while thrusting hips forward and arms back
&6 Hop back while making a $\frac{1}{4}$ turn to left side and thrust arms forward
&7&8 Repeat &5&6

Hop and shake

- &1-2 Hop forward (&1); Hold (2)
&3-4 Hop forward (&3); Hold (4)
5-8 Hop forward 4 Times
(1-4 rub hands up from hips to straight up, 5-8 lower hands down to side)

45 degree hops

- 1-2 Hop both feet forward 45 degrees to right side, Hop both feet back to center
3-4 Hop both feet 45 degrees to left side, Hop both feet back to center
5-8 Repeat 1-4

Begin Again