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## Framed

96 count, 1 wall, Intermediate level Choreographer: Jo \& John Kinser, Simon Ward \& Roxanne Kumre (UK \& Aus) Oct 2006
Choreographed to: Freeze Frame by J. Geils Band Album: Freeze Frame (188 bpm)

Rt Toe Heel Strut, Cross Lt Toe Heel Strut, Side Recover, Cross Rt Toe Heel Strut
1,2 Touch Rt toe to Rt side (turn body slightly Rt), Drop Rt heel taking weight onto Rt
3,4 Cross Lt toe over Rt, Drop Lt heel taking weight onto Lt
5,6 Rock Rt to Rt side, Recover weight onto Lt
7,8 Cross Rt toe over Lt (turn body slightly Lt), Drop Rt heel taking weight onto Rt
Lt Toe Heel Strut, Cross Rt Toe Heel Strut, Side 1/4 Turn Rt, Lt Fwd, Brush Rt
1,2 Touch Lt toe to Lt side (turn body slightly Lt), Drop Lt heel taking weight onto Lt
3,4 Cross Rt toe over Lt, Drop Rt heel taking weight onto Rt
5,6 Rock Lt to Lt side, Recover weight onto Rt making 1/4 turn Rt
$7,8 \quad$ Step Lt slightly fwd, Brush Rt fwd

## Rt Lock/Step Fwd Brush Lt, $1 / 4$ Rt, Lt Lock Step Fwd Brush Rt

1,2,3,4 Step Rt fwd, Lock/step Lt behind Rt, Step Rt fwd, Brush Lt fwd \& make 1/4 Rt
5,6,7,8 Step Lt fwd, Lock/step Rt behind Lt, Step Lt fwd, Brush Rt fwd,
Rt Heel Fwd, Hold, Rt Toe Back, Hold, 1/2 Turn Rt, Kick Rt, Back Touch
1,2,3,4 Touch Rt heel fwd, Hold, Touch Rt toe back, Hold
5,6,7,8 Pivot $1 / 2$ Rt taking weight onto $L t$, Kick Rt fwd, Step Rt back, Touch Lt beside Rt
Lt Lock/Step Fwd, Brush Rt 1/4 Lt, Lock/Step Fwd, Brush Lt
1,2,3,4 Step Lt fwd, Lock/step Rt behind Lt, Step Lt fwd, Brush Rt fwd
5,6,7,8 Make $1 / 4$ Lt \& step Rt fwd, Lock/step Lt behind Rt, Step Rt fwd, Brush Lt fwd
Lt Heel Fwd, Hold, Lt Toe Back, Hold, 1/4 Lt Hold, Cross/Rock, Recover
1,2,3,4 Touch Lt heel fwd, Hold, Touch Lt toe back, Hold
5,6,7,8 Pivot 1/4 Lt (taking weight onto Lt), Hold, Cross/rock Rt over Lt, Recover weight back on Lt
1/4 Rt, Hold, Lt Fwd, Pivot 1/2 Rt, Lt Fwd, Hitch, Touch Back, Side
1,2,3,4 Make $1 / 4$ turn Rt \& step fwd on Rt, Hold, Step Lt fwd, Pivot $1 / 2$ turn Rt taking weight onto Rt
5,6,7,8 Step Lt fwd, Hitch Rt knee beside Lt, Touch Rt toe back, Touch Rt toe to Rt side
Rt Cross/Step, Hold, 1/4 Rt, Hold, Coaster Step, Hold
1,2,3,4 Cross/step Rt over Lt, Hold, Step Lt to Lt side making a $1 / 4$ turn Rt, Hold
5,6,7,8 Step Rt back, Step Lt beside Rt, Step Rt fwd, Hold
Lt Fwd, Pivot 1/2, Lt Fwd, Hold, Rt Fwd, Pivot 3/4, Rt Side, Hold
1,2,3,4 Step Lt fwd, Pivot 1/2 turn Rt (weight on Rt), Step Lt fwd, Hold
5,6,7,8 Step Rt fwd, Pivot 3/4 turn Lt (weight on Lt), Step Rt to Rt side, Hold
Lt Behind Side Cross, Hold, Side Rock, 1/4 Lt, Rt Fwd, Hold
1,2,3,4 Step Lt behind Rt, Step Rt to Rt side, Cross/step Lt over Rt, Hold
5,6,7,8 Rock Rt to Rt side, Rock recover weight onto Lt turning a $1 / 4 \mathrm{Lt}$, Step Rt fwd, Hold
Cross, Hold, Back, Hold, 1/4 Lt, Hold, Fwd, Hold (Jazz Box 1/4 Turn Lt)
1,2,3,4 Cross/step Lt over Rt, Hold, Step Rt back, Hold
5,6,7,8 Make $1 / 4$ turn Lt \& step Lt fwd, Hold, Step Rt slightly fwd, Hold
Cross, Hold, Back, Hold, 1/4 Lt, Hold (Jazz Box 1/4 Turn Lt), Rt Fwd, Pivot 1/2 Turn Lt
1,2,3,4 Cross/step Lt over Rt, Hold, Step Rt back, Hold
5,6,7,8 Make 1/4 turn Lt \& step Lt fwd, Hold, Step Rt slightly fwd, Pivot $1 / 2$ turn Lt (weight on Lt)
Restart Dance
TAG: You will do the following counts at the end of walls $2,3 \& 4$ :
Side, Side, Hold, Hold, 1/4 Lt Back, Fwd, Hold Hold, 1/4 Lt Side, Side, Hold, Hold, 1/4 Lt Back,
Fwd, Hold Hold, 1/4 Pivot, Hold, Hold, Hold, Freeze, Hold, Hold, Hold
1,2,3,4 Step Rt to Rt side, Step Lt to Lt side, Hold, Hold (Keep weight on Rt)
5,6,7,8 Make a $1 / 4$ turn Lt and step Lt back, Step Rt fwd, Hold Hold
1,2,3,4 Make a $1 / 4$ turn Lt and Step Lt to Lt side, Step Rt to Rt side, Hold, Hold
5,6,7,8 Make a 1/4 turn Lt and step Lt back, Step Rt fwd, Hold Hold
1,2,3,4 Pivot $1 / 4$ turn Lt, Hold, Hold, Hold
5,6,7,8 Pose/Freeze and hold (do whatever comes to your head) \&\#61514;

When you have completed the above tag on Wall 3 do the following:
1-32 Both arms up, Both arms down, Lean Rt Grease Lightning Arm swings
1-16 Raise both arms up for 8 counts, Brings arms down for 8 counts
17-32 Lean into Rt with Lt arm straight out facing 1/4 Lt (looking Lt), Swing Rt arm clockwise slowly for 4 counts and then in double time for 4 counts (Grease Lightning Arms)

Note:
DO NOT be afraid by what you see, it is much easier than it looks on paper. The music will basically tell you what to do all the way through; the tag is interpreting the music, as is the arm tag at the end of wall 3. It looks a lot but there are many holds and it is 1 wall, all steps are of high beginner/intermediate level. You will finish the dance on count 29,30.

HAVE FUN

