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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

- Touch Lt toe to Lt side (turn body slightly Lt), Drop Lt heel taking weight onto Lt
- Cross Rt toe over Lt, Drop Rt heel taking weight onto Rt 3,4
- 5,6 Rock Lt to Lt side, Recover weight onto Rt making 1/4 turn Rt
- Step Lt slightly fwd, Brush Rt fwd 7,8

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 Lt, 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 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) 

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

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