

# The Frim Fram SAUCE

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**Count:** 32                      **Wall:** 2                      **Level:** Improver

**Choreographer:** Val Saari (Canada, December 2018)

**Music:** Frim Fram Sauce - Mary Ann Mangini

## **SIDE TOE-STRUTS RIGHT, LINDY RIGHT**

- 1-2            Touch RF toes to right side, Step RF heel down
- 3-4            Touch LF toes beside RF, Step LF heel down
- 5&6            Shuffle right, RLR
- 7-8            Rock back on LF, Recover on RF

## **TOE-STRUTS FWD X 2 (R L), SHUFFLE FWD LRL, RF ROCK/RECOVER**

- 1-2            Touch LF toes forward, Drop heel
- 3-4            Touch RF toes forward, Drop heel
- 5&6            Shuffle forward LRL
- 7-8            Rock RF forward, Recover LF

## **STEP BACK, KICK X 2 (RL) SHUFFLE BACK RLR, LRL PIVOT 1/2 L**

**1-2RF Step back, Kick LF Forward**

**3-4LF Step back, Kick RF Forward**

5&6            Shuffle back RLR

7&8            Shuffle back LRL Pivot 1/2 L

## **MAMBO RIGHT, KICK, MAMBO LEFT, HIP BUMPS**

**1-2RF Rock side right, LF recover**

**3-4RF close together beside L, Kick LF forward**

**5-6LF Rock side left, RF recover**

**7-8LF close together & Bump hips R, Bump hips L**

**REPEAT - No Tags, No Restarts**

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