

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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