

# FRAMED

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**Count:** 96

**Wall:** 1

**Level:** intermediate

**Choreographer:** Simon Ward , Roxanne Kumre & Jo & John Kinser

**Music:** Freeze Frame by J. Geils Band

## RIGHT TOE HEEL STRUT, CROSS LEFT TOE HEEL STRUT, SIDE RECOVER, CROSS RIGHT TOE HEEL STRUT

- 1-2 Touch right toe to right side (turn body slightly right), drop right heel taking weight onto right
- 3-4 Cross left toe over right, drop left heel taking weight onto left
- 5-6 Rock right to right side, recover weight onto left
- 7-8 Cross right toe over left (turn body slightly left), drop right heel taking weight onto right

## LEFT TOE HEEL STRUT, CROSS RIGHT TOE HEEL STRUT, SIDE ¼ TURN RIGHT, LEFT FORWARD BRUSH RIGHT

- 1-2 Touch left toe to left side (turn body slightly left), drop left heel taking weight onto left
- 3-4 Cross right toe over left, drop right heel taking weight onto right
- 5-6 Rock left to left side, recover weight onto right making ¼ turn right
- 7-8 Step left slightly forward, brush right forward

## RIGHT LOCK/STEP FORWARD BRUSH LEFT, ¼ RIGHT, LEFT LOCK STEP FORWARD BRUSH RIGHT

- 1-2-3-4 Step right forward, lock/step left behind right, step right forward, brush left forward & make ¼ right
- 5-6-7-8 Step left forward, lock/step right behind left, step left forward, brush right forward

## RIGHT HEEL FORWARD, HOLD, RIGHT TOE BACK, HOLD, ½ TURN RIGHT, KICK RIGHT, BACK TOUCH

- 1-2-3-4 Touch right heel forward, hold, touch right toe back, hold
- 5-6-7-8 Pivot ½ right taking weight onto left, kick right forward, step right back, touch left beside right

## LEFT LOCK/STEP FORWARD, BRUSH RIGHT ¼ LEFT, LOCK/STEP FORWARD, BRUSH LEFT

- 1-2-3-4 Step left forward, lock/step right behind left, step left forward, brush right forward

**5-6-7-8** Make  $\frac{1}{4}$  left & step right forward, lock/step left behind right, step right forward, brush left forward

**LEFT HEEL FORWARD, HOLD, LEFT TOE BACK, HOLD,  $\frac{1}{4}$  LEFT HOLD, CROSS/ROCK RECOVER**

**1-2-3-4** Touch left heel forward, hold, touch left toe back, hold

**5-6-7-8** Pivot  $\frac{1}{4}$  left (taking weight onto left), hold, cross/rock right over left, recover weight back on left

**$\frac{1}{4}$  RIGHT, HOLD, LEFT FORWARD, PIVOT  $\frac{1}{2}$  RIGHT, LEFT FORWARD, HITCH, TOUCH BACK, SIDE**

**1-2-3-4** Make  $\frac{1}{4}$  turn right & step forward on right, hold, step left forward, pivot  $\frac{1}{2}$  turn right taking weight onto right

**5-6-7-8** Step left forward, hitch right knee beside left, touch right toe back, touch right toe to right side

**RIGHT CROSS/STEP, HOLD,  $\frac{1}{4}$  RIGHT, HOLD, COASTER STEP, HOLD**

**1-2-3-4** Cross/step right over left, hold, step left to left side making a  $\frac{1}{4}$  turn right, hold

**5-6-7-8** Step right back, step left beside right, step right forward, hold

**LEFT FORWARD, PIVOT  $\frac{1}{2}$ , LEFT FORWARD, HOLD, RIGHT FORWARD, PIVOT  $\frac{3}{4}$ , RIGHT SIDE, HOLD**

**1-2-3-4** Step left forward, pivot  $\frac{1}{2}$  turn right (weight on right), step left forward, hold

**5-6-7-8** Step right forward, pivot  $\frac{3}{4}$  turn left (weight on left), step right to side, hold

**LEFT BEHIND SIDE CROSS, HOLD, SIDE ROCK,  $\frac{1}{4}$  LEFT, RIGHT FORWARD, HOLD**

**1-2-3-4** Step left behind right, step right to right side, cross/step left over right, hold

**5-6-7-8** Rock right to right side, rock recover weight onto left turning a  $\frac{1}{4}$  left, step right forward, hold

**CROSS, HOLD, BACK, HOLD,  $\frac{1}{4}$  LEFT, HOLD, FORWARD, HOLD (JAZZ BOX  $\frac{1}{4}$  TURN LEFT)**

**1-2-3-4** Cross/step left over right, hold, step right back, hold

**5-6-7-8** Make  $\frac{1}{4}$  turn left & step left forward, hold, step right slightly forward, hold

**CROSS, HOLD, BACK, HOLD,  $\frac{1}{4}$  LEFT, HOLD (JAZZ BOX  $\frac{1}{4}$  TURN LEFT), RIGHT FORWARD, PIVOT  $\frac{1}{2}$  TURN LEFT**

**1-2-3-4** Cross/step left over right, hold, step right back, hold

**5-6-7-8** Make  $\frac{1}{4}$  turn left & step left forward, hold, step right slightly forward, pivot  $\frac{1}{2}$  turn left (weight on left)

## **REPEAT**

## **TAG**

**At the end of walls 2,3 & 4:**

**SIDE, SIDE, HOLD, HOLD,  $\frac{1}{4}$  LEFT BACK, FORWARD, HOLD HOLD,  $\frac{1}{4}$  LEFT SIDE, SIDE, HOLD, HOLD,  $\frac{1}{4}$  LEFT BACK, FORWARD, HOLD HOLD,  $\frac{1}{4}$  PIVOT, HOLD, HOLD, HOLD, FREEZE, HOLD, HOLD, HOLD**

**1-2-3-4** Step right to right side, step left to left side, hold, hold (keep weight on right)

**5-6-7-8** Make a  $\frac{1}{4}$  turn left and step left back, step right forward, hold, hold

**1-2-3-4** Make a  $\frac{1}{4}$  turn left and step left to left side, step right to right side, hold, hold

**5-6-7-8** Make a  $\frac{1}{4}$  turn left and step left back, step right forward, hold, hold

**1-2-3-4** Pivot  $\frac{1}{4}$  turn left, hold, hold, hold

**5-6-7-8** Pose/freeze and hold (ad lib)

**When you have completed the above tag on wall 3 do the following:**

## **BOTH ARMS UP, BOTH ARMS DOWN, LEAN RIGHT GREASE LIGHTNING ARM SWINGS**

**1-16** Raise both arms up for 8 counts, brings arms down for 8 counts

**17-32** Lean into right with left arm straight out facing  $\frac{1}{4}$  left (looking left), swing right arm to the right slowly for 4 counts and then in double time for 4 counts (Grease Lightning arms)