

# Frick it!

64 count, 4 wall, Intermediate level linedance

Choreographed by: Michael O'Shea (IRL)

'Alright (Frick it!)' by Judah & The Lion on single or from 'Pep Talks'

16 count intro.



## Side touch, kick ball cross, step scuff & touch & kick

- 1-2 Step right to right side, touch left beside right
- 3&4 kick left fwd, step onto left, cross right over left
- 5-6 step left to L diagonal, scuff right beside left
- &7&8 step right to L diagonal touch left beside right, step back left, kick right fwd

## coaster step, cross sweep, cross shuffle, side rock, cross

- 1&2 step back right, close left to right, step fwd right
- 3 scuff left sweeping it across right
- 4&5 step onto left, step right to right side, cross left over right
- 6-7-8 rock right to right side, recover weight to left, cross right over left

## chasse left, back rock, chasse right, 1/4 turn rock

- 1&2 step left to left side, close right to left, step left to left side
- 3-4 rock back right, recover weight to left
- 5&6 step right to right side, close left to right, step right to right side
- 7-8 turning 1/4 turn left rock back left, recover weight to right

## cross point & point hitch, step touch & heel & step

- 1 step fwd left
- 2&3 point right to right side, close right to left, point left to left side
- 4 flick left back
- 5-6 step fwd left, touch right behind left
- &7&8 step back onto right foot, touch left heel fwd, step onto left, stomp fwd right

## shuffle back left, shuffle back right, back rock, step 1/4, side 1/4

- 1&2 shuffle back left, right, left
- 3&4 shuffle back right, left, right
- 5-6 rock back left, recover weight to right
- 7-8 step left back 1/4 turn right, step right 1/4 turn to right side

## rock step, side, hold, close side, hold, close side, touch

- 1-2 rock fwd left, replace weight to right
- 3-4 step left to left side, HOLD
- &5-6 close right to left, step left to left side, HOLD
- &7-8 close right to left, step left to left side, touch right beside left

## side, behind, shuffle 1/4 turn. Spiral 3/4, side rock

- 1-2 step right to right side, step left behind right
- 3&4 step right 1/4 turn right, close left to right, step fwd right
- 5-6 step fwd left, spiral 3/4 turn right
- 7-8 rock right to right side, recover weight to left

## cross, back, side, cross, side, hinge 1/2 turn, side, together

- 1-2 cross right over left, step back left
- 3-4 step right to right side, cross left over right
- 5-6 step right to right side, hinge 1/2 turn stepping left to left side
- 7-8 step right to right side, close left to right

Begin Again

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