

FREEZE FRAME



Level: Intermediate **Genre:** Pop
Artist: The J.Geils Band
Choreo: Sally Kay
Speed: Normal **Length:** 3:57
Sequence: Intro A B C B D A B D E Intro* B D E End
Wait: 16 beats

Quick Cues

Intro (16 beats)

16 2 Stumble Vine (L & R)

Part A (32 beats)

8 Bonanza (1/2 L)
4 Joey
4 Rocker (Rft)
4 Joey (Rft)
4 Rocker
4 Lori Pivot (1/2 R)
4 Fancy Double

Part B (16 beats)

8 2 Slur Basic (L & R)
4 Half Cole Step (Fwd)
4 Drag Back (Rft)

Part C (32 Beats)

8 Samantha (1/2 R)
16 2 Combination Step (L & R)
4 Mountain Goat
4 Karate Kick (1/2 L)

Part B (16 beats)

8 2 Slur Basic (L & R)
4 Half Cole Step (Fwd)
4 Drag Back (Rft)

Part D (12 beats)

8 Stomp It up
1 Jump
3 Pause

Part A (32 beats)

8 Bonanza (1/2 L)
4 Joey
4 Rocker
4 Joey
4 Rocker
4 Lori Pivot (1/2 R)
4 Fancy Double

Part B (16 beats)

8 2 Slur Basic (L & R)
4 Half Cole Step (Fwd)
4 Drag Back (Rft)

Quick Cues

Part D (12 beats)

8 Stomp It up
1 Jump
3 Pause

Part E (16 beats)

4 Soccer Turn (1/2 L)
4 Jazz Box
4 Soccer Turn (1/2 L)
4 Jazz Box

Intro* (32 beats)

16 2 Stumble Vine (L & R)
16 2 Cowboy (1/2 L ea)

Part B (16 beats)

8 2 Slur Basic (L & R)
4 Half Cole Step (Fwd)
4 Drag Back (Rft)

Part D (12 beats)

8 Stomp It up
1 Jump
3 Pause

Part E (16 beats)

4 Soccer Turn (1/2 L)
4 Jazz Box
4 Soccer Turn (1/2 L)
4 Jazz Box

End (47 beats)

16 2 Stumble Vine (L & R)
16 2 Cowboy (1/2 L ea)
8 Bonanza
7 Almost Samantha

(take photos with camera
or movie roll) 😊



Step Definitions - Freeze Frame

STUMBLE VINE:

DS-DR S(XIF) DS-SL S(XIB) DS-DR S(XIF) DS RS
L L R L L R L L R L RL
&1 & 2 &3 & 4 &5 & 6 &7 &8

BONANZA: (start turning 1/2 L on &5)

DS DS(XIF) DT H DT H DS(XIB) R(OTS) S(XIF) DS BR H
L R L R L R L R L R L R L R
&1 &2 & 3 & 4 &5 & 6 &7 & 8

JOEY:

DS BA(XIB) BA(OTS) BA(OTS) BA(XIB) BA(BS) S
L R L R L R L R L R L
&1 & 2 & 3 & 4

ROCKER:

RS DS DS RS
LR L R LR
&1 &2 &3 &4

LORI PIVOT:

DS DT H DS(XIB) [H(WGT)/H(WGT)] (PVT) LIFT/FL
L R L R L/R L /R
&1 & 2 &3 & 4

FANCY DOUBLE:

DS DS RS RS
L R LR LR
&1 &2 &3 &4

SLUR BASIC:

DS(OTS) SLR-S(XIB) DS RS
L R R L RL
&1 & 2 &3 &4

HALF COLE STEP:

DS-SL R S-SL RS
L L R L L RL
&1 & 2 & 3 &4

DRAG BACK:

DS-DR RS(BK) DR RS(BK)
R R LR R LR
&1 & 2& 3 &4

SAMANTHA:

DS DS(XIF) DR S(BK) DR S(BK) RS DS DS RS
L R R L L R LR L R LR
&1 &2 & 3 & 4 &5 &6 &7 &8

COMBINATION STEP:

[DS(OTS) DS(XIF) RS RS DS BR SL DT H/H(BOTH OUT) SL/LIFT] (MOVE L)
L R LR LR L R L R L/R L/R
&1 &2 &3 &4 &5 & 6 & 7& 8

MOUNTAIN GOAT:

DS BA(XIF) BA(OTS) BA(OTS) BA(XIF) BA(XIB) SL
L R L R L R R R
&1 & 2 & 3 & 4

KARATE KICK:

DS-PVT(1/2 L)/K H DS K/DR-SL
L L /R L R L/R R
&1 & 2 &3 & 4

STOMP IT UP:

(P) STO DT H (P) STO DT H (P) STO DS R S K/DR-SL
L R L R L R L R L/R R
& 1 & 2 & 3 & 4 & 5 &6 & 7 & 8

JUMP:

(P) JMP/JMP
L/R
& 1

SOCCER TURN:

DS DT(BK 1/2 L) H DS RS
L R L R LR
&1 & 2 &3 &4

JAZZ BOX:

T-H(OTS) T-H(XIF) T-H(BK) T-H(BS)
L L R R L L R R
& 1 & 2 & 3 & 4

COWBOY:

[DS DS DS BR(XIF) H] (FWD) [DS(XIF) R(BK) S(XIF) R(BK) S(XIF) R(BK) S(XIF)] (BK)
L R L R L R L R L R L R
&1 &2 &3 & 4 &5 & 6 & 7 & 8

ALMOST SAMANTHA:

DS DS(XIF) DR S(BK) DR S(BK) RS DS DS
L R R L L R LR L R
&1 &2 & 3 & 4 &5 &6 &7