



# Strokin' (aka The Freeze)

Choreographer Unknown

Description: 24 count, 4 wall, beginner line dance

Music: **Strokin'** by Clarence Carter

**Get In To Reggae Cowboy** by The Bellamy Brothers

Start dance on lyrics

## **SLIDE, LONG STEP, SHIMMY, CLAP**

- 1-4 Long step side right with right foot and bent knees, slowly slide left foot to right foot with a shimmy, clap on count 4
- 5-8 Long step side left with left foot and bent knees, slowly slide right foot to left foot with a shimmy, clap on count 8

## **LONG STEP, SHIMMY, ROCKING HORSE**

- 1-4 Long step side left with left foot and bent knees, slowly slide right foot to left foot with a shimmy, clap on count 4
- 5-8 Right foot forward rock, recover back left, right foot back rock, recover forward left

## **PIVOT TURNS, STAMP, CLAP**

- 1-2 Right foot step forward,  $\frac{1}{2}$  turn to left
- 3-4 Right foot step forward,  $\frac{1}{2}$  turn to left
- 5-6 Right foot step forward,  $\frac{1}{4}$  turn to left
- 7 Stamp right foot (stamps don't transfer weight like stomps do)
- 8 Clap

**REPEAT**