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, ½ turn to left
3-4 Right foot step forward, ½ turn to left
5-6 Right foot step forward, ¼ turn to left
7 Stamp right foot (stamps don’t transfer weight like stomps do)
8 Clap

REPEAT