

FREEZE MY MIND

[Japanese Popular Song]



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Music : Song by : Teresa Teng e-mail : d-doi@tcp-ip.or.jp
available from choreographer on MP3 file [free] or MD [at cost]
Rhythm : Rumba Phase III
Sequence : Intro - A - B - Int - A - B - B - Ending **Speed** : 27 MPM
Timing : QQS unless noted by side of measure **Footwork** : Opposite except where noted
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INTRO

1 - 12 WAIT;; DBL CHASE PEEK-A-BOO;:::; SAND STEP 2X;;

- 1-2 {Wait} Fcg ptr & Wall no hnds jnd lead ft free wait lead in notes & 2 meas;;
3-10 {Double Chase Peek-A-Boo} Fwd L trn 1/2 RF, rec R, cl L,- (W bk R, rec L, cl R,-);
sd R looking over left shoulder, rec L, cl R,- (W sd L, rec R, cl L,-);
sd L looking over right shoulder, rec R, cl L,- (W sd R, rec L, cl R,-);
fwd R trn 1/2 LF, rec L, cl R,- (W fwd L trn 1/2 RF, rec R, cl L,-);
sd L, rec R, cl L,- (W sd R looking over left shoulder, rec L, cl R,-);
sd R, rec L, cl R,- (W sd L looking over right shoulder, rec R, cl L,-);
fwd L, rec R, cl L,- (W fwd R trn 1/2 LF, rec fwd L, cl R,-);
bk R, rec L, cl R blend to Bfly,- (W fwd L, rec R, cl L,-) end Bfly Wall;
11-12 {Sand Step Twice} Swivel RF on R tch L toe to instep of R, swivel LF on R tch L heel to instep
of R, swivel RF on R XLIF,-; swivel LF on L tch R toe to instep of L, swivel RF on L tch R heel
to instep of L, swivel LF on L XRIF,-;

PART A

1 - 8 START CHASE M IN 4 TO TANDEM;; DOOR; SD WALK; CRAB WALKS;; SYNCO FRONT VINE; SPOT TRN;

- 1-2 {Start Chase M In 4 To Tandem} Fwd L trn 1/2 RF, rec R, fwd L,-; fwd R trn 1/2 LF, rec L,
QQQQ fwd R, fwd L (W bk R, rec L, fwd R,-; fwd L trn 1/2 RF, rec R, fwd L,-)
(QQS) end Tandem Wall both R ft free;
3 {Door} [same footwork thru meas 10] Rk sd R, rec L, XRIF,-;
4 {Side Walk} Sd L, cl R, sd L,-;
5-6 {Crab Walks} Lower body swivel LF but upper body remains fcg Wall fwd R [hereafter XRIF],
sd L with lower body, XRIF,-; sd L, XRIF, sd L,-;
QQ&S 7 {Syncopated Front Vine} XRIF, sd L/XRIB, sd L,-;
8 {Spot Turn} XRIF trn 3/4 LF to fc RLOD, rec L cont trn to fc Wall, sd R,- end Tandem Wall;

9 - 16 CRAB WALKS;; FENCE & SPOT; SPOT & FENCE; SYNCO BK VINE; TIME STEP M IN 4; FIN CHASE;;

- 9-10 {Crab Walks} Twd RLOD XLIF, sd R, XLIF,-; sd R, XLIF, sd R,-;
11 {Fence & Spot} XLIF with bent knee, rec R, sd L,- (W XLIF trn 3/4 RF, rec R cont trn to fc
Wall, sd L,-);
12 {Spot & Fence} XRIF trn 3/4 LF, rec L cont trn to fc Wall, sd R,- (W XRIF with bent knee,
rec L, sd R,-) end Tandem Wall both L ft free;

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(Continued)

- QQ&S 13 {Syncopated Back Vine} [same footwork] Twd RLOD XLIB, sd R/XLIF, sd R,-;
14 {Time Step M In 4} XLIB, rec R, sd L, cl R (W XLIB, rec R, sd L,-);
15-16 {Finish Chase} Fwd L, rec R, bk L,-; bk R, rec L, fwd R,- (W fwd R trn 1/2 LF, rec L, fwd R,-;
fwd L, rec R, bk L,-) end Low Bfly Wall;

PART B

**1 - 8 BRK BK TO OP; PROG WALK 3; SLIDG DOOR; APT REC FWD; TRN IN;
BK BASIC; SLIDG DOOR; APT REC/FC SD;**

- 1 {Break Back To Open} Trn LF (W RF) to OP LOD bk L, rec R, fwd L,-;
2 {Progressive Walk 3} Fwd R, L, R,-;
3 {Sliding Door} Rk apt L, rec R release hnds, XLIF chg sides (W XIF of M),- end LOP LOD;
4 {Apart Recover Forward} Rk apt R, rec L, fwd R,-;
5 {Turn In} Fwd L trn 1/4 LF, sd R cont trn 1/4 RF, bk L,- end OP RLOD;
6 {Back Basic} Bk R, rec L, fwd R,-;
7 {Sliding Door} Repeat meas 3 Part B end LOP RLOD;
8 {Apart Recover Face Side} Rk apt R, rec L trn LF to fc ptr blend to Bfly, sd R,-;

9 - 16 THRU SERPIENTE;; FENCE LIN; WHIP; THRU SERPIENTE;; FENCE LIN; WHIP;

- QQQQ 9-10 {Through Serpiente} In Bfly twd RLOD thru L, sd R, behind L, fan R CW (W CCW);
QQQQ behind R, sd L, thru R, fan L CW (W CCW);
11 {Fence Line} Cross lunge thru L bent knee look RLOD, rec R trn to fc ptr, sd L,-;
12 {Whip} Blend to Low Bfly trn 1/4 LF bk R, rec fwd L cont trn 1/4, sd R,- (W fwd L outsd ptr on
his left sd, fwd R trn 1/2 LF, sd L,-) end Bfly COH;
13-14 {Through Serpiente} Repeat meas 9-10 Part B to opposite direction;;
15 {Fence Line} Repeat meas 11 Part B on opposite direction;
16 {Whip} Repeat meas 12 Part B end Low Bfly Wall;

INTERLUDE

**1 - 8 HND TO HND M IN 4; CIRCULAR FRONT VINE 4; OPPOSITE FENCE LINE;
CIRCULAR FRONT VINE 4; OPPOSITE FENCE LINE; SPOT TRN M IN 4;
SHLDR TO SHLDR w/ARM 2X;;**

- QQQQ 1 {Hand To Hand M In 4 To Bfly} Trn LF to OP LOD bk L, rec R trn bk to fc ptr, sd L, rec R
(QQS) (W trn RF bk R, rec L trn bk to fc ptr, sd R,- end Bfly Wall both L ft free;
QQQQ 2 {Circular Front Vine 4} [same footwork thru meas 5] XLIF, sd R, XLIB, sd R to fc COH;
3 {Opposite Fence Line} Cross lunge thru L with bent knee, rec R, sd L,-;
QQQQ 4 {Circular Front Vine 4} Repeat meas 2 on opposite ft to fc Wall;
5 {Opposite Fence Line} Repeat meas 3 on opposite ft;
QQQQ 6 {Spot Turn M In 4} Release hnds XLIF trn 3/4 RF, rec R cont trn to fc Wall, sd L, rec R
(QQS) (W XLIF trn 3/4 RF, rec R cont trn to fc ptr, sd L,-) end fcg ptr & Wall no hnds jnd;
7-8 {Shoulder To Shoulder With Arm Twice} Fwd L to Scar with trail arm up palm out lead hnd on
L hip, rec R trn to fc ptr, both hnds on hips sd L,-; fwd R to Bjo with lead arm up palm out
trail hnd on R hip, rec L trn to fc ptr, sd R,- end fcg ptr & Wall no hnds jnd;

REPEAT PART A

REPEAT PART B

REPEAT PART B

END

**1 - 8 HALF BASIC; UNDERARM TRN TO TAMARA; WHEEL; WRAP; WHEEL;
UNWRAP; SLO SD; SLO X LUNGE;**

- 1 {Half Basic} Fwd L, rec R, sd L,-;
- 2 {Underarm Turn To Tamara} Keeping both hnds jnd XRIB, rec L, sd R,- (W XLIF trn 3/4 RF under jnd lead hnds, rec R cont trn to fc ptr, sd L,-) end Tamara Pos fc Wall;
- 3 {Wheel 3} In Tamara both wheel RF fwd L, R, L to fc COH,-;
- 4 {Wrap} Cont wheel fwd R, L, R,- (W wrap LF L, R, L into M's arms,-) to fc Wall;
- 5 {Wheel 3} In Wrapped Pos cont wheel fwd L, R, L,- (W bk R, L, R,-) to fc COH;
- 6 {Unwrap} Cont wheel fwd R, L, R,- (W unwrap RF L, R, L,-) end Bfly Wall;
- S - - 7 {Slow Side} In Bfly adjusting to the music slowly sd L,-,-,-;
- S - - 8 {Slow Cross Lunge} Cross lunge thru R look LOD,-,-,-;