

Froff

Count: 64

Wall: 4

Level: Beginner

Choreographer: Laura Rittenhouse (AUS) - February 2022

Music: Froff - Monksy



Start after 32 counts (32 / 64c dance)

S1: VINE RIGHT AND LEFT WITH SCUFFS

1,2,3,4 Step R to R, Cross L behind R, Step R to R, Scuff L foot
5,6,7,8 Step L to L, Cross R behind L, Step L to L, Scuff R foot

S2: LOCK R FWD AT L DIAGONAL; LOCK L FWD AT R DIAGONAL

1,2,3,4 Step R fwd at L diagonal (10:30), Lock L behind R, Step R fwd at L diagonal, Swivel ¼ R (1:30)
5,6,7,8 Step L fwd at R diagonal, Lock R behind L, Step L fwd a R diagonal, Swivel to 12:00

S3: ZIGZAG STEP BACK

1,2,3,4 Step R back on R diagonal, Touch L beside R, Step L back on L diagonal, touch R beside L
5,6,7,8 Step R back on R diagonal, Touch L beside R, Step L back on L diagonal, touch R beside L

**** For 32 count version, go to S8 for Lindy Turn and then Restart from S1 on every wall.

Skip S4-S7 for 32 count version ****

S4: WEAVE LEFT; WEAVE RIGHT

1,2,3,4 Cross R over L, Step L to L, Cross R behind L, Point L to L
5,6,7,8 Cross L over R, Step R to R, Step L behind R, Point R to R

S5: 2 CROSS MAMBOS

1,2,3,4 Cross R over L, Recover on L, Step R beside L, Hold
5,6,7,8 Cross L over R, Recover on R, Step L beside R, Hold

S6: VINE UP AT RIGHT DIAGONAL, VINE UP AT LEFT DIAGONAL

1,2,3,4 Facing 10:30 step R to R, Cross L behind R, Step R to R, Swivel ¼ R to 1:30
5,6,7,8 Step L to L, Cross R behind L, Step L to L, Touch R beside L

S7: VINE DOWN AT RIGHT DIAGONAL, VINE DOWN AT LEFT DIAGONAL

1,2,3,4 Step R to R, Cross L behind R, Step R to R, Swivel ¼ L to 10:30
5,6,7,8 Step L to L, Cross R behind L, Step L to L, Turning to 12:00 touch R beside L

S8: LINDY R, LINDY L USING BACK CROSS ROCK TO TURN ¼ R

1&2,3,4 Step R to R, Step L beside R, Step R to R, Cross rock L behind R, Recover on R
5&6,7,8 Step L to L, Step R beside L, Step L to L, Turning ¼ R cross rock R behind L (3:00), Recover on L

Choreographer's note: This dance (both versions) were created for and used in the official music video of this song. It can be found here: <https://www.youtube.com/watch?v=FvND5aalxMo>

Last Update: 21 Nov 2022