Write a program to count word frequencies in a given text

```
def count_word_frequencies(text):
    # Split the text into words
    words = text.split()

    # Create an empty dictionary to store word frequencies
    word_freq = {}

    # Count the frequency of each word
    for word in words:
        # Remove punctuation and convert words to lowercase for better counting
        word = word.strip('.,!?\"').lower()

        # Update the dictionary with word frequencies
        if word in word_freq:
            word_freq[word] += 1
        else:
            word_freq[word] = 1

    return word_freq

# Example text
sample_text = """
This is a sample text. It contains words, words, and more words! This sample text will be used to count word frequencies.
"""

# Call the function and display word frequencies
word_frequencies = count_word_frequencies(sample_text)
print("Word frequencies:")
for word, frequency in word_frequencies.items():
    print(f"{word}: {frequency}")
```

Output:

Word frequencies:

this: 2

is: 1

a: 1

sample: 2

text: 2

it: 1

contains: 1

words: 3

and: 1

more: 1

will: 1

be: 1

used: 1

to: 1

count: 1

frequencies: 1