

# The Wolf

拍數: 80      牆數: 2      級數: Phrased Intermediate  
編舞者: Gemma Ridyard (UK) - February 2018  
音樂: The Wolf - The Spencer Lee Band : (Album: Fifty Shades Freed)



## Sequence - ABC ABC C -16 TAG C A

### Part A: 32 counts

#### A1: Step hitch, sailor step, heel flicks - L, R, 2x L

1-2            step RF forward to R diagonal (1:30), cross LF behind RF hitching up R knee  
3&4            cross RF behind LF, step LF a small step to L side, step RF to R side  
5&6&          slightly bending both knees flick L heel out, back to centre, flick R heel out, back to centre  
7&8            flick L heel to L side, return to centre, flick L heel to L side

#### A2: Sailor 1/2 turn L, out out hold, lean close, point close, back twist centre

1&2            cross LF behind RF, making 1/2 turn L step RF to R side, step LF to L side (6.00)  
3&4            step RF small step to R side (push R arm forward with index finger showing), step LF small  
step to L side (push L arm forward and across R with index finger showing), open arms out  
wide (4)  
5-6            bend L knee toward R knee leaning into a jazz line with the L leg (arms stay wide but as you  
hit the jazz line they follow with the lean diagonally)(5) close LF to RF (6)  
7&8            point R toe to R side (7), close RF to LF (&) step LF a small step back behind R (8)  
&1 2            twist R heel to R side (&) replace R heel back to centre (1) hold (2)

#### A3: 1/2 turn L hold, L leg flicks to L side, too chest isolations

3-4            make a 1/2 L keeping weight back on RF (3) hold (4)  
5-6            flick L leg to L side as you click R hand above head (5) L leg returns and touches in front of  
RF  
7-8 2            x chest isolations/ripples

#### A4: 2x walks forward, 1/4 turn R hip roll, 1/4 turn L hip roll, run back

1-2            step LF forward, step RF forward  
3-4            making a 1/4 turn R stepping LF to L side rolling hips clockwise (3) touch R toe to side (4)  
5-6            rolling hips anti-clockwise (5) make a 1/4 turn L touch L toe forward (6)  
7&8            run back L, R, L

### Part B: 16 counts

#### B1: Heel jack, cross unwind, knee pop, 2xwalks forward, press to R side with hand flick

&1 2            take a big Step back on RF (slide) (&) Dig L heel forward (1) step L down (2)  
&3 4            step RF forward (&) cross LF behind RF (brushing R hand toward R hip - lyrics spank it) (4)  
unwind a full turn over the L shoulder keeping weight on RF (4)  
5-6            step LF back popping R knee forward ( bring R hand to heart, L hand to R hip) (5) step RF  
straight forward (bring R hand to R shoulder & L hand to L hip) (6)  
7 8&            step L forward (7) step RF to R side bending R knee (weight on R) as you bring both hands  
toward L shoulder and flicking them twice (8&)

#### B2: Slide, close, touch forward, touch centre, hold, reach reach grab, step pencil turn

1-2            step LF to L side, touch R toe next to LF  
3&4            touch R toe forward, close Rf next to LF (drop head) (&) head looks up and forward (4)  
5&6.            Step RF to R side as you reach R arm across the body to L diagonal, L arm reaches to L  
diagonal (&) clasp hands together bringing them down to R hip as you touch L toe next to R  
(6) (slightly torque shoulders to R )

7-8 make a 1/4 turn L stepping LF down (7) make a further 3/4 turn L touching R toe next to LF (8) (12.00)

**Part C: 32 counts**

**C1: Side points RF, 2 x walk backs, 1/2 turn L, pencil full turn L**

1&2&3&4 point R toe to R side (1) touch R toe next to L toe (&) point R toe to R side (2) touch R toe next to L toe (&) point R toe to R side (3) touch R toe next to L toe (&) step RF to R side (through counts 1-4 upper body is angled toward 10:30)

5 6 7 travelling back on the diagonal facing 10:30 step LF back (5) step RF back (6) make a 1/2 turn over L shoulder step LF forward (5:30) (optional,styling on the walks take the knees out and in)

8 make a full pencil turn over L shoulder touching R toe next to LF (8)

**C2: Side points RF, 2 x walk backs, 1/2 turn L, hold**

1&2&3&4 point R toe to R side (1) touch R toe next to L toe (&) point R toe to R side (2) touch R toe next to L toe (&) point R toe to R side (3) touch R toe next to L toe (&) step RF to R side (through counts 1-4 upper body is angled toward 10:30)

5 6 7 travelling back on the diagonal facing 10:30 step LF back (5) step RF back (6) make just under 1/2 turn over L shoulder step LF forward (12.00 ) (optional,styling on the walks take the knees out and in)

8 hold

**\*Tag will come here\***

**C3: Slide R, double hip bump, slide L, double hip bump**

1-2 step RF to R side, touch LF next to RF

3-4 2 x hip bumps R (RF remains touched)

5-6 step LF to L side, touch RF next to LF

7-8 2 x hip bumps R (RF remains touched)

**C4: Slide R, double hip bump, boogie walks back**

1-2 step RF to R side, touch LF next to RF

3-4 2 x hip bumps L (LF remains touched) (angle body to 11:30)

5-6 facing 11:30 step LF back swivelling R heel, step RF back swivelling L heel

7&8 step LF back swivelling R heel, step RF back swivelling L heel, step LF back

**Tag: 16 counts – During wall 7 – Part C**

1-8 slow chug turn over the left shoulder, RF paddles as you shake R hand (imagine trying to shake of water)

9-16 repeat (1-8] on L side

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