

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

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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
