

# The Wolf

拍數: 32      牆數: 4      級數: Improver  
編舞者: Jonno Liberman (USA) - February 2018  
音樂: The Wolf - The Spencer Lee Band : (Album: 50 Shades Freed, Original Motion Picture Soundtrack)



Dance begins after 24 counts

**[1-8] Step, Hitch, Step, Flick, 1/4 Triple, 1/2 Triple (9:00)**

1, 2            Step R to right, Hitch L across and slap thigh with R hand  
3, 4            Step L to left, Flick R behind L and slap R sole with L hand  
5&6            Turn 1/4 right as you step R forward (3:00), Step L next to R, Step R forward  
7&8            Turn 1/2 right as you step L back (9:00), Step R next to L, Step L back

**[9-16] Step Back, Touch, Step Back, Touch, Rock, Recover, Walk, Walk (9:00)**

1, 2            Step R back (add body roll for styling), Touch L slightly in front of R  
3, 4            Step L back (add body roll for styling), Touch R slightly in front of L  
5, 6            Rock R back, Recover onto L  
7, 8            Step R forward, Step L forward

**[17-24] Rocking Chair, Step, Heel Twist, Rocking Chair, Step, Heel Twist (9:00)**

1&2&            Rock R forward, Recover onto L, Rock R back, Recover onto L  
3&4            Step R forward, Twist R heel out, Return R heel to center  
5&6&            Rock L forward, Recover onto R, Rock L back, Recover onto R  
7&8            Step L forward, Twist L heel out, Return L heel to center

**[25-32] 1/2 Pivot x2, Out, Out, Circle Hips (9:00)**

1, 2            Step R forward, Pivot 1/2 left with weight on L (3:00)  
3, 4            Step R forward, Pivot 1/2 left with weight on L (9:00)  
5, 6            Step R out, Step L out  
7-8            Circle hips counterclockwise starting from left - finish with weight on L

Restart occurs after the first 16 counts of the 3rd repetition. You'll begin again facing 3:00.

Dance Your Yaaas Off  
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Last Update: 6 Oct 2023