

F- You

拍數: 64 牆數: 4 級數: Phrased Intermediate
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音樂: Forget You - CeeLo Green



Intro: 16 counts

Sequence: AAB-B-AAB-B-AAB-B-AA- till end

Part A-32 counts

R Coaster, L Hitch Step, Swivel Turn Back, Forwardx2

1&2 Step right back, close left next to right, right step forward
3-4 L hitch , step forward
5-6 Swivel both heels turn to R 1/2(6:00), Swivels turn to left 1/2(face 12:00)
7-8 Swivel both heels turn to R 1/2(6:00), Swivels turn to left 1/2(face12:00) weight on R

L Coaster, R Hitch Step, Swivel Turn Back, Forwardx2

1&2 Step left back, close right next to left, left step forward
3-4 R hitch , step forward
5-6 Swivel both heels turn to L 1/2(6:00), Swivels turn to R 1/2(face 12:00)
7-8 Swivel both heels turn to L 1/2(6:00), Swivels turn to R 1/2(face12:00) weight on L

R Step Cross L, L Back Step, Side Rock Recover, Sailors R-L

1-2 Cross step R Forward over L, L step back
3-4 Rock R out to right side. Recover weight on L
5&6 Cross RF behind LF, Step LF to left side, Step RF to right side
7&8 Cross LF behind RF, Step RF to right side, Step LF next to RF

Paddle 1/4 Turn Left x2, Jazz Box

1-2 RF 1/4 turn left, knee LF
3-4 RF 1/4 turn left, knee LF
5-8 Cross R over L, step back on L, step R , L together

Part B-32 counts

Side Shuffle Step R, Rock Back, Recover, Side Shuffle Step L, Rock Back, Recover

1&2 Step R foot to R side, Step together with L, Step R foot to R side
3-4 Rock back with L foot, Recover weight forward to R foot
5&6 Step L foot to L side, Step together with R, Step L foot to L side
7-8 Rock back with R foot, Recover weight forward to L foot

Vine R 4 Counts, R Scissors, Hold, Vine L 4 Counts, L Scissors

1-4 S Step R foot to R side, Step L foot crossed behind R, Step R foot to R side, Step L foot across front of R
5-8 Step R to R side, Step together with L, Step R across front of L, Hold
1-4 Step L foot to L side, Step R foot crossed behind L, Step L foot to L side, Step R foot across front of L
5-8 Step L to L side, Step together with R, Step L across front of R, Hold

Slow 1/2 Step Turn, Slow 1/4 Step Turn With Clap (or Snaps)

1-4 RF forward, hold, 1/2 turn left on RF and step forward onto LF, hold (6.00)
5-8 RF forward, hold, 1/4 turn left on RF and step side onto LF, hold (3.00)

On counts 2, 4, 6, 8 - Clap

Enjoy it , have fun!
