

The Fox

拍數: 64 牆數: 1 級數: Phrased Intermediate
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音樂: 'The Fox' by Ylvis



Intro: 16 counts - Pattern: AA BB AAA BB AA BB

Part A - 32 counts

RIGHT SIDE ROCK, SAILOR STEP, BEHIND ¼ TURN, ¼ SHUFFLE TURN.

1-2 Step right to right side, recover on to left.
3&4 Step right behind left, step left to left side, step right to right side.
5-6 Step left behind right, ¼ turn right step forward on right.
7&8 ¼ turn right step left to left side, step right next to left, step left to left side.

BEHIND ROCK, ¼ SHUFFLE TURN, WALK WALK, LEFT SIDE SHUFFLE.

1-2 Step right behind left, recover on to left.
3&4 ¼ right step forward on right, step left next to right, step forward on right.
5-6 Walk left forward, walk right forward.
7&8 Step left to left side, step right next to left, step left to left side.

CROSS ROCK, ¼ TURN SHUFFLE, ¼ HINGE TURN, ¼ HINGE TURN, ½ SHUFFLE TURN.

1-2 Cross right in front of left, recover on to left.
3&4 Step right to right side, step left next to right, ¼ turn right step right forward.
5-6 ¼ turn right step left on left side, ¼ turn right step right to right side.
7&8 ½ turn right step left to left side, step right next to left, step left to left side.

BEHIND ROCK, HEEL BALL CROSS, OUT, OUT, POSE, HOLD.

1-2 Step right behind left, recover on to left.
3&4 Touch right heel forward, step right next to left, cross left over right.
5-6 Step right diagonally out, step left diagonally out
7-8 Put both hands in front of you elbows to your sides fingers pointing down, hold.

Part B - 32 counts

BUMP X4, TURN, BUMP X4.

Arms:

1-4 Left arm in front of body, right arm pointing to right side with elbow at a 90 degree angle, right hand to right side, make fingers like claws.
1&2& Face right diagonal bump hip to back, bump hip forward, bump hip back, bump hip forward.
3&4 Bump hip back, bump hip forward, bump hip back.

Arms:

5-8 Right arm in front of body, left arm pointing to left side with elbow at a 90 degree angle, left hand to left side, make fingers like claws.
5&6& Face left diagonal bump hip to back, bump hip forward, bump hip back, bump hip forward.
7&8 Bump hip back, bump hip forward, bump hip back.

JAZZBOX ¼ TURN, POSE, HOLD, NOD, NOD.

1-4 Cross left in front of right, ¼ left step back on right, left step left to left side, step right in place.
5-6 Lean back facing left diagonal push arms back and chest forward, hold pose.
7-8 Nod head, nod head.

ARM SWITCH FORWARD, ARM SWITCH BACK, POSE.

1 Left arm pointing down diagonally left right hand on top of left elbow.
& move left arm slightly up and right hand slightly down and ends on left wrist.

2 Left arm pointing down diagonally left right hand on top of left elbow.
& move left arm slightly up and right hand slightly down and ends on left wrist.
3 Left arm pointing down diagonally left right hand on top of left elbow.
& move left arm slightly up and right hand slightly down and ends on left wrist.
4 Left arm pointing down diagonally left right hand on top of left elbow.

(1–4) Slowly lean forward.

5 move left arm slightly up and right hand slightly down and ends on left wrist.
& Left arm pointing down diagonally left right hand on top of left elbow.
6 move left arm slightly up and right hand slightly down and ends on left wrist.
& Left arm pointing down diagonally left right hand on top of left elbow.
7 move left arm slightly up and right hand slightly down and ends on left wrist.
& Left arm pointing down diagonally left right hand on top of left elbow.

(5–7) Slowly recover.

8 Put end on left point right arm diagonally up to the right left hand in front of chest pointing towards right hand.

BEHIND, ¼ TURN LEFT, ROCK FORWARD, WALK BACK R L, STEP RIGHT OUT.

Arms:

2–6 Put both hands in front of you elbows to your sides fingers pointing down.
1–2 Step left behind right drop arms, ¼ left step left forward.
3–4 Step right forward, recover on to left.
5–6 Step right back, step left back.
7–8 Step right to right side both arms straight out to the sides, both arms behind your back (weight ends on left)

Note: Watch the video on YouTube for more instructions. Have fun with it.

Check out - www.alvsbylinedance.se for more scripts and videos of our dances
