F- You

拍数: 64 **墙数:** 4 **级数:** Phrased Intermediate

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音乐: Forget You - CeeLo Green

Intro: 16 counts

Sequence: AABB-AABB-AABB-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 ½ Step Turn, Slow ¼ Step Turn With Clap (or Snaps)

1-4	RF forward, hold, ½ turn left on RF and step forward onto LF, hold (6.00)
5-8	RF forward, hold, ¼ turn left on RF and step side onto LF, hold (3.00)

On counts 2, 4, 6, 8 - Clap

Enjoy it , have fun!
