

The Wolf EZ

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Maddi Love (AUS) - June 2025
音樂: The Wolf - The Spencer Lee Band : (Album: 50 Shades Freed OST)



Dance begins after 24 counts, 1 restart, no tags.

[1-8] Rumba box with 1/4 turn L, step right together, right forward touch, left together, left quarter turn touch (9:00)

1, 2 Step R to right, step L next to R.
3, 4 Step R forward, touch left toe next to R,
5, 6 Step L to left, step R, next to L.
7, 8 Turn 1/4 left as you step L back (9:00), touch R next to L

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

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

Restart here on wall 3, facing 3 o'clock

[17-24] Step R, tap L, Step L, tap R, Rocking Chair, (9:00)

1, 2 Step R forward, tap L foot to right foot
3, 4 Step L forward, tap R foot to left foot
5, 6 Rock R forward, Recover onto L
7, 8 Rock R back, Recover onto L

[25-32] Single hip bumps forward R, L, Step Out R, Step Out L, Circle Hips (9:00)

1, 2 R hip bump forward, step R next to L (9:00)
3, 4 L hip bump forward, step L next to R (9:00)
5, 6 Step R out, Step L out
7-8 Place hands on front of hips, Circle hips counterclockwise starting from left - finish with weight on L (make howling sound as hips circle)

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

This was choreographed to be an easy beginner version of the improver level dance The Wolf that can be danced as a split wall dance. I acknowledge the choreographer Jonno Lieberman of the original dance which was my inspiration.

I do not own the rights to the music.

Submitted by: Karyn Turner - Email: Bootsyrhythm@gmail.com

Last Update: 22 June 2025