

F- You

拍數: 64 牆數: 4 級數: Phrased Intermediate
編舞者: Ingrid Kan (TW) - April 2011
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 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!
