

The Fox

拍數: 96 牆數: 2 級數: Phrased Intermediate
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音樂: The Fox (What Does the Fox Say?) - Ylvis



Intro: 18 Count - Sequence: A,A(30),B,C,Tag(2),A,A,A(30),B,C,A,A,A

Section A (32 count)

(1-8)Rock R, Right Shuffle , Pivot 1/2 turn R, Left Shuffle

1-2 Rock R to R side(1), Recover on left(2)
3 & 4 Step R forward(3), Step L behind R(&),Step R forward(4)
5-6 Step L forward (5), Pivot 1/2 turn R(6)
7 & 8 Step Lforward (7), Step R behind R(&),Step Lforward(8)

(9-16) Rock R forward, Coaster step, Rock L forward, 1/4 Turn L, L chasse

1-2 Rock forward on Right(1), Recover on left(2)
3&4 Step R back(3), Step L together(&),Step R forward(4)
5-6 Rock forward on Left(5), Recover on Right(6)
7&8 1/4Turn L Stepping L to L(7), R next to L(&),step L to L(8)

(17-24)Step R cross L,Recover, Step L cross R,Rock Back, Pivot 1/2 turn R

1-2& Step R cross L(1), Recover on L(2), Step R next to L (&)
3-4 Step L cross R(3), Step R to R(4)
5-6 Rock back on L(5), Recover on R(6)
7-8 Step L forward(7), Pivot 1/2 turn R(8)

(25-32)Cross shuffle,Kick ball change, 1/4 Turn L

1&2 Step L cross R(1), Step R behind L(&), Step L cross R(2)
3-4 Step R to R(3), Step L next to R(4)
5&6 Kick R forward(5), Stepdowon R(&), Step L forward(6)

(Here are 2 Restarts: on walls 2,5)

7-8 1/4 Turn L stepping R to R(7), Step L next to R(8)

Section B(32count)

(Finish the section A, then 1/4 turn L start section B)

(1-8)Jump slightly toe touching

1&2& Jump R slightly forward (1), Step L toe touch behind to R(&)(Jump twice—2&)
3-4 Step R slightly forward(3), Step L toe touch behind to R(4)
5&6& Jump L slightly forward(5), Step R toe touch behind to L (&)(jump twice—6&)
7-8 Step L slightly forward(7), Step R toe touch behind to L(8)

(9-16) Jump slightly toe touching R ,L ,Bump hip

1&2& Jump R slightly forward(1), Step L touch behind to R(&),Jump L slightly forward(2), Step
Rtouch behind to L(&)
3&4& Jump R slightly forward(3), Step L touch behind to R(&), Jump L slightly forward(4), Step
Rtouch behind to L(&)
5&6&7&8 Bump hipR to L 3 times

(17-32) Do the same action like 1-16

Section C(32 count)

(1-8) step side, toe touch

1-2 Step R to R(1), touchL nextto R(2)

3-4 Step R to R(3), touchL nextto R(4)

5-6 Step L to L(5), touchRnextto L(6)

7-8 Step L to L(7), touchRnextto L(8)

(When do these 8counts,your body must going downand up)

(9-16) Rock, Coaster step, Rock, Back shuffle

1-2 Rock forward on Right(1), recover on leftback(2)

3&4 Step R back(3), Step L together(&),Step R forward(4)

5-6 Rock L forward(5), Recover on R back(6)

7&8 Step Lback(7), step RlockL(&),step Lback(8)

(17-32) Dothe same action like 1-16

Tag: (2 count)

1-2 Rock R to R, Recover on L

(After wall 1,finish section C, add one tag.)

Restart: After 30 countfor section A on wall 2,5

Start Over-Have Fun & Enjoy the Dance

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