

The Fox

Choreographed by Rickard Tapper / Kenneth Nilsson (Sweden) Oct. 2013

Type: Phased A-B 1 wall Intermediate Linedance

Music: 'The Fox' by Ylvis

Intro: 16 counts

Pattern: AA BB AAA BB AA BB

Part A.

RIGHT SIDE ROCK, SAILOR STEP, BEHIND $\frac{1}{4}$ TURN, $\frac{1}{4}$ 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, $\frac{1}{4}$ turn right step forward on right.
- 7&8 $\frac{1}{4}$ turn right step left to left side, step right next to left, step left to left side.

BEHIND ROCK, $\frac{1}{4}$ SHUFFLE TURN, WALK WALK, LEFT SIDE SHUFFLE.

- 1-2 Step right behind left, recover on to left.
- 3&4 $\frac{1}{4}$ 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, $\frac{1}{4}$ TURN SHUFFLE, $\frac{1}{4}$ HINGE TURN, $\frac{1}{4}$ HINGE TURN, $\frac{1}{2}$ 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, $\frac{1}{4}$ turn right step right forward.
- 5-6 $\frac{1}{4}$ turn right step left on left side, $\frac{1}{4}$ turn right step right to right side.
- 7&8 $\frac{1}{2}$ 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

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

