

The Fox

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Count: 64 **Wall:** 1 **Level:** Phrased Intermediate

Choreographer: Rickard Tapper / Kenneth Nilsson (Sweden) Oct. 2013

Music: 'The Fox' by Ylvis

Intro: 16 counts - Pattern: AA BB AAA BB AA BB

Part A. - 32 counts

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 - 32 counts

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.

- 5move 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.

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