

FUCK YOU

Music: Lily Allen

www.discogs.com/Lily-Allen-Fuck-You/release/2150864

Time 3:36 Slowed down w/ -5% to time 3:40
Available from choreographer

Rhythm: Foxtrot & Cha Cha Phase: III+2 (Alemana+Umbrella Turn)

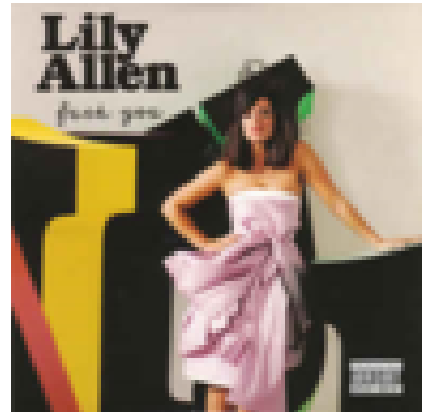
Footwork: Opposite except where (Noted)

Release Date: July 19

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

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Sequence: INTRO AB ABC A(9-17) BC END



INTRO

01-04 CP WALL LEAD FOOT FREE WAIT 2 MEASURES and START w/ FOXTROT ; ; FOX BOX ; ;

{Wait} CP WALL Id ft free wt 2 meas & Start w/ Foxtrot ; ; {Fox Box} Fwd L, -, sd R, cl L ; Bk R, -, sd L, cl R ;

PART A FOXTROT

01-04 HOVER ; THRU VINE 4 to ½ OP LOD ; M ROLL ACROSS ; W ROLL ACROSS ;

{Hover} Fwd L, -, fwd & sd R rise to ball of ft, fwd L to SCP DLC ; {Thru Vine 4 to ½ OP} [QQQQ] XRif (*W XLif*), sd L fcg ptr, XRib (*W XLib*), sd L to ½ OP LOD ; {M Roll Across} Fwd R comm RF trn, -, sd & fwd L ifo W contg trn, sd & fwd R to ½ LOP LOD w/ trl-arms out to sd ; {W Roll Across} Fwd L, -, R, L (*W fwd R comm RF trn, -, sd & fwd L ifo M contg trn, fwd & sd R*) to ½ OP DLC w/ Id-arms out to sd ;

05-08 MANEUVER ; BK BK/LOCK BK ; OVERSPIN TURN ; BOX FINISH to WALL ;

{Maneuver} Trng RF fwd R ifo W, -, sd L contg trn, cl R (*W fwd L, -, R, L*) to CP RLOD ; {Bk Bk/Ik Bk} [SQ&Q] Bk L, -, bk R/Ik Lif, bk R ; {Over Spin Turn} Trng upper bdy RF bk L pvtg ½ RF & leavg R in frt, -, fwd R heel to toe btw W's ft contg RF trn, rec sd & bk L compg ¾ RF trn (*W trng upper bdy RF fwd R btw M's ft pvtg ½ RF, -, bk L contg trn & brush R to L, contg RF trn sd & fwd R*) to CP DRW ; {Box Finish to WALL} Bk R, -, sd & bk L trng ¼ LF, cl R to CP DLW ;

09-12 WHISK ; PICK UP SIDE CLOSE ; 2 LEFT TURNS to WALL ; ;

{Whisk} Fwd L, -, sd & fwd R, XLib (*W XRib*) to SCP DLC ; {Pick Up Sd Cl} Sm fwd R Idg W to fold in frt (*W trng LF fwd L foldg ifo M*), -, sd L, cl R to CP DLC ; {2 Left Turns to WALL} Fwd L com LF trn, -, sd R contg trn, cl L to CP RLOD ; Bk R com LF trn, -, sd L contg trn, cl R to CP WALL ;

13-17 LEFT TURNING BOX ½ ; ; To Reverse VINE 4; LEFT TURNING BOX ½ ; ;

{Left Turng Box 1/2} Fwd L trn ¼ LF, -, sd R, cl L to LOD ; Bk R trn ¼ LF, -, sd L, cl R to COH ; {To Reverse Vine 4} [QQQQ] Sd L, XRib (*W Xib*), sd L, XRif (*W Xif*) ; {Left Turng Box 1/2} Fwd L trn ¼ LF, -, sd R, cl L to RLOD ; Bk R trn ¼ LF, -, sd L, cl R to WALL ;

PART B CHA CHA

01-04 ALEMANA ; ; NEW YORKER ; FRONT VINE 4 ;

{Alemana} Fwd L, rec R, sd L/cl R, sd L ; Raising jnd Id-hnds bk R, rec L, sd R/cl L, sd R (*W trng RF undr jnd Id-hnds fwd L, brush R fwd R cont full trn, fwd L/cl R, sd L*) to BFLY ; {New Yorker} Thru L to LOP RLOD, rec R to fc, sd L/cl R, sd L ; {Front Vine } XRif (*W XLIF*), sd L, XLib (*W XRib*), sd L ;

05-08 FENCE LINE TWICE ; ; SINGLE CUBAN BREAKS ; WHIP to COH ;

{Fence Line x 2} XRif (*W XLif*) w/ bent knee, rec L, sd R/cl L, sd R ; XLif (*W XRif*) w/ bent knee, rec R, sd L/cl R, sd L ; {Single Cuban Breaks} [1&23&4] XRif (*W XLif*)/rec L, sd R ; XLif (*W XRif*)/rec R, sd L ; {Whip} Bk R trng LF & Idg W acrs, rec L contg LF trn (*W fwd L trng LF & xg ifo M, fwd & sd R contg LF trn, sd L/cl R, sd L*) sd R/cl L, sd R to BFLY COH ;

09-16 REPEAT MEAS 1-8 to WALL ; ; ; ; ; ; ; ; ; ;

PART C CHA CHA

01-04 ALEMANA INTO A LARIAT END IN L-HAND STAR to RLOD ; ; ; ;

{Alemana Into a Lariat end in L-Hand Star RLOD} Fwd L, rec R, sm sd L/cl R, sd L (*W cl R, fwd L, fwd R/lk Lib, fwd R trng RF to fc M*) ; Raisg jnd ld-hnds XRib, rec L, sd R/cl L, sd R (*W trng RF undr jnd ld-hnds fwd L & swvl RF, fwd R & swvl RF, fwd L/lk Rib, fwd L*) to end W slightly offset twd M's R sd ; Sd L, rec R, cl L/ipl R, ipl L (*W circ CW arnd M fwd R, fwd L, fwd R/lk Lib, fwd R*) ; Bk R, rec L, cl R/ipl L, ipl R trng ¼ RF (*W cont CW circ arnd M fwd L, fwd R, fwd L/lk Rib, fwd L trng ¼ RF*) to L-Hand Star RLOD ;

05-08 UMBRELLA TURN ; ; ; ;

{Umbrella Turn} [L-hnd Star] Fwd L, rec R, bk L/cl R, bk L ; Bk R, rec L, fwd R/cl L, fwd R (*W fwd L trng ½ RF undr jnd hnds, rec R, fwd L/cl R, fwd L*) ; Fwd L, rec R, bk L/cl R, bk L (*W fwd R trng ½ LF undr jnd hnds, rec L, fwd R/cl L, fwd R*) ; Bk R, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R (*W fwd L trng ½ RF undr jnd hnds, rec R to fc ptr, sd L/cl R, sd L*) to BFLY WALL ;

ENDING

01 APART & POINT to PARTNER EXTEND FREE ARMS UP ;

{Apt & pt to Ptr} Step bk L, -, pt R to ptr extendg free arms up & out, -;