

## Alfie

32 count, 4 wall, beginner/intermediate level  
Choreographer: Sandra Johns (UK) March 2007  
Choreographed to: Alfie by Lily Allen, CD: Alright Still  
(120 bpm)

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16 count intro starting dance on vocals

**Right forward mambo, left back mambo, rock step, full turn right**

- 1&2 rock forward on right. Recover onto left. Step right beside left.  
3&4 rock back on left. Recover onto right. Step left beside right.  
5-6 rock forward on right. Rock back onto left.  
7&8 triple full turn over right shoulder stepping R.L.R. (12)

**Cross step, heel jack, sailor 1/4 right.**

- 1-2 cross left over right. Step right to right side.  
3&4 cross left behind right. Step right to right side. Touch left heel diagonally forward left.  
&5&6 step onto left, cross right over left. Step left to left side.  
7&8 sailor 1/4 right. (3)

**Touch left forward, hip bumps, 1/2 turn left, hip bumps, triple 1/2turn, step 1/2 turn**

- 1&2 touch left toe forward bumping hips L.R.L. taking weight onto left (3)  
3&4 make 1/2 turn over left shoulder touching left toe back bumping hips back  
R.L.R. taking weight onto right. (9)  
5&6 triple 1/2/ turn left stepping L.R.L. (3)  
7-8 step forward on right. Pivot 1/2 turn left (9)

**Right step lock step lock step, repeat with left**

- 1-2 step diagonally forward right. Lock step left behind right.  
3&4 step diagonally forward right, lock left behind right. Step diagonally forward right  
5-6 step diagonally forward left. Lock left behind right  
7&8 step diagonally forward left. Lock step right behind left, step diagonally forward left.

Dance ends on front wall on count 16, sailor 1/4 right

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Music download available from itunes

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