

You Make Me Feel So Young

32 Count, 4 Wall, Improver, Foxtrot

Choreographer: Michele Burton (USA) June 2013

Choreographed to: You Make Me Feel So Young by Michael Buble. CD: To Be Loved

Intro: 16 counts

Try any Foxtrot rhythm. The suggested piece is on the fast side.

Styling suggestion: On the holds, continue or finish the movement.

This will give your foxtrot a smooth gliding feel.

1 – 8 DIAGONAL HOLD ~ SIDE ROCK RECOVER ~ DIAGONAL HOLD ~ SIDE BEHIND [SQQ SQQ]

1 – 2 Step L to forward right diagonal; Hold

3 – 4 Rock R slightly right; Return weight to L, stepping to left diagonal

5 – 6 Step R to forward left diagonal; Hold

7 – 8 Step L foot to left; Step R behind left [12:00]

9 – 16 LEAN LEFT HOLD ~ ¼ ¼ ~ ¼ SAILOR CROSS HOLD [SQQ QQS]

1 – 2 Step L to left, leaning onto left hip; Hold

3 – 4 Turn 1/4 right, stepping R forward; Turn ¼ right, stepping L to left [6:00]

Notice rhythm change in cts 5-8

5 – 6 Step ball of R back behind L; Turn ¼ R (on ball of R), stepping L to left

7 – 8 Step R in front of L; Hold

(Styling: make counts 5 – 8 a slightly rounded smooth movement) [9:00]

17-24 SWAY HOLD ~ SWAY HOLD ~ FULL TURN L (3 steps in SQQ rhythm) [SS SQQ]

1 – 2 Step L to left, sway body to left; Hold

3 – 4 Step R to right, sway body to right; Hold

5 – 6 Turn ¼ left, stepping L forward; Continue turning ½ left on ball of L foot

7 – 8 Step R foot back; Turn ¼ left, stepping L to left [9:00]

(Easy option for cts. 5 – 8: L side hold, R behind, L side)

25-32 CROSS TAP ~ BACK SIDE ~ CROSS SIDE ~ BEHIND SIDE (long weave) [QQQQQQQQ]

1 – 2 Step R in front of L; Tap L behind R heel

3 – 4 Step L back; Step R to right [9:00]

5 – 6 Cross L over R; Step R to right

7 – 8 Step L behind R; Step R to right

(Try that light and airy Fred Astaire, Ginger Rogers feel of dancing on the balls of the feet on the weave)

BIG FINISH – Easy and Cool

The song ends as you do the full turn to the left, facing 12:00. As you step to left on ct. 8, hit a pose.

The foxtrot is a smooth dance characterized by long, continuous flowing movements.

The dance is similar in its look to the waltz, although the rhythm is in a 4/4 time signature instead of 3/4 time signature, and the rise and fall is not as predominant.

Trivia: Harry Fox, an American entertainer in the early 1900's may be credited for the foxtrot, originally called Fox's Trot.