



# ALFIE

<b>Choreographers:</b>	<b>Release date:</b> February 2010
<b>Annette &amp; Frank Woodruff</b> Rue du Camp, 87 7034 Mons, Belgium Tel: 00 32 65 73 19 40	<b>Rhythm: Cha/Merengue III+2</b> (Glide, Alemana)
	<b>Music:</b> Alfie by Lily Allen, downloadable from several sites
	<b>Time &amp; Speed:</b> 2:41 at unchanged speed
<b>annetteandfrank@gmail.com</b>	<b>Footwork:</b> Opposite except where indicated ( <i>W's footwork in parentheses</i> )
	<b>Sequence: Intro – ABC – A – D – C – E – D - C(1-6) - Ending</b>

## INTRODUCTION

<b>1</b>	<b>Wait;</b>	OP-FCG WALL wt 1 meas;
<b>2</b>	<b>Qk Apart Point Together Touch to Shoulder Hold;</b>	Apt L trng to OP, pt R twd LOD, tog R trng to fc ptr, tch L to Shoulder Hold WALL; [ <i>W's hnds on M's shldrs, M's hnds on top of W's arms</i> ]
<b>3</b>	<b>Merengue Basic;</b>	Sd L, cl R, sd L, cl R; [Start the side steps with insd edge of foot]
<b>4</b>	<b>Glide;</b>	Sd L/cl R, sd L/cl R, sd L, cl R; [All steps on toes]

## PART A – MERENGUE

<b>1 - 2</b>	<b>Arm Slide;;</b>	Bk L, R, L, R ( <i>W bk R, L, R, L</i> ); fwd L, R, L, R ( <i>W fwd R, L, R, L</i> ); [Tiny steps, eye contact, slide hnds down ptr's arms to jn both hnds at arm's length momentarily then slide them bk up to original pos]
<b>3</b>	<b>Basic;</b>	Sd L, cl R, sd L, cl R; [Start the side steps with insd edge of foot]
<b>4</b>	<b>Triple Balance L &amp; R;</b>	Sd L/cl R, ip L, sd R/cl L, ip R;
<b>5 - 6</b>	<b>Arm Slide to Narrow BFLY;;</b>	Rpt meas 1-4 Part A;;; [On 2 <sup>nd</sup> meas of Arm Slide keep hnds jnd & fold arms at elbow w/ hnds ptd to ceiling to end in Narrow BFLYw/ forearms almost tchg from wrist to elbow ~ during Balance normalize BFLY pos]
<b>7</b>	<b>Basic;</b>	
<b>8</b>	<b>Triple Balance L &amp; R;</b>	

## PART B - CHA

<b>1</b>	<b>Shoulder to Shoulder in 4;</b>	Fwd L to SCAR, rec R to fc, sd L, rec R;
<b>2</b>	<b>Shoulder to Shoulder;</b>	Fwd L to SCAR, rec R to fc, sd L/cl R, sd L;
<b>3</b>	<b>New Yorker in 4;</b>	[This needs to be cued EARLY to allow body flow] Thru R to OP LOD, rec L to BFLY, sd R, rec L;
<b>4</b>	<b>New Yorker to LOP RLOD;</b>	Thru R to OP LOD, rec L to fc ptr, contg to trn RF sd R/cl L, sd R to LOP RLOD;
<b>5</b>	<b>Walk 4;</b>	Fwd L, R, L, R;
<b>6</b>	<b>New Yorker to OP;</b>	Fwd L, rec R to fc, contg to trn LF sd L/cl R, fwd L to OP LOD;
<b>7</b>	<b>Walk 4;</b>	Fwd R, L, R, L;
<b>8</b>	<b>New Yorker to BFLY;</b>	Fwd R, rec L to fc, sd R/cl L, sd R to BFLY WALL;

## PART C - CHA

<b>1</b>	<b>½ Basic;</b>	Fwd L, rec R, sd L/cl R, sd L;
<b>2</b>	<b>Whip to BFLY;</b>	Bk R trng ¼ LF, rec L trng ¼ LF, sd R/cl L, sd R ( <i>W fwd L reachg if of M startg LF trn, fwd &amp; sd R contg LF trn to fc M, sd L/cl R, sd L</i> ) to BFLY COH;
<b>3 - 4</b>	<b>Crab Walks;;</b>	Twd LOD XLif ( <i>W XRif</i> ), sd R, XLif ( <i>W XRif</i> )/ sd R, XLif ( <i>W XRif</i> ); sd R, XLif ( <i>W XRif</i> ), sd R/cl L, sd R;
<b>5</b>	<b>Spot Turn;</b>	XLif stg RF trn ( <i>W XRif stg LF trn</i> ), rec R contg to trn RF, compg full RF trn sd L/cl R, sd L to BFLY COH;
<b>6</b>	<b>Whip;</b>	Rpt meas 2 Part C to BFLY WALL;
<b>7 - 8</b>	<b>Alemana to Shoulder Hold;;</b>	Fwd L, rec R, sip L/R, L ( <i>W bk R, rec L, fwd R/cl L, fwd R</i> ); XRib, rec L to fc ptr, sd R/cl L, sd R ( <i>W fwd L &amp; swvl sharplyRF, brushg R against L fwd R contg RF trn, fwd L/cl R, sd L</i> ) to Shoulder Hold WALL;

### Repeat Part A

**PART D - CHA**

1	<b>Shoulder to Shoulder in 4;</b>	Fwd L to SCAR, rec R to fc, sd L, rec R;
2	<b>Shoulder to Shoulder;</b>	Fwd L to SCAR, rec R to fc, sd L/cl R, sd L;
3	<b>Shoulder to Shoulder in 4;</b>	Fwd R to SCAR, rec L to fc, sd R, rec L;
4	<b>Shoulder to Shoulder;</b>	Fwd R to SCAR, rec L to fc, sd R/cl L, sd R;
5	<b>Fence Line in 4;</b>	XLif ( <i>W XRif</i> ) w/ bent knee, rec R, sd L, rec R;
6	<b>Fence Line;</b>	XLif ( <i>W XRif</i> ) w/ bent knee, rec R, sd L/cl R, sd L;
7	<b>Fence Line in 4;</b>	XRif ( <i>W XLif</i> ) w/ bent knee, rec L, sd R, rec L;
8	<b>Fence Line;</b>	XRif ( <i>W XLif</i> ) w/ bent knee, rec L, sd R/cl L, sd R;

**Repeat Part C**

**PART E - CHA**

1	<b>Vine 2 Face to Face;</b>	Sd L, <i>XRib (W XLib)</i> , sd L/cl R, trng 3/8 LF sd & fwd L to almost BK-TO-BK;
2	<b>Vine 2 Back to Back;</b>	Sd R, <i>XLib (W XRib)</i> , sd R/cl L, trng 3/8 RF sd & fwd R to BFLY WALL;
3 - 4	<b>Traveling Door Both Ways to OP;;</b>	Rk sd L, rec R, XLif ( <i>W XRif</i> )/sd R, XLif ( <i>W XRif</i> ); rk sd R, rec L, XRif ( <i>W XLif</i> )/sd L, XRif ( <i>W XLif</i> ) to OP LOD;
5 - 6	<b>Sliding Door Both Ways;;</b>	Sd apt L, rec R, relg hnds & chg sd bhd W XLif/sd R, XLif ( <i>W XRif/sd L, XRif</i> ) to LOP LOD; sd apt R, rec L, chg sd bhd W XRif/sd L, XRif ( <i>W XLif/sd R, XLif</i> ) to OP LOD;
7	<b>Apart Recover Face Cha;</b>	Sd apt L, rec R trng to fc ptr, sip L/ R, L to BFLY WALL;
8	<b>Cucaracha R;</b>	Sd R w/ partial wgt, rec L, cl R/sip L, sip R;

**Repeat Part D**

**Repeat Part C (1-6)**

**ENDING**

1 - 4	<b>Crab Walks 2x;;;;</b>	Twd RLOD XLif ( <i>W XRif</i> ), sd R, XLif ( <i>W XRif</i> )/ sd R, XLif ( <i>W XRif</i> ); sd R, XLif ( <i>W XRif</i> ), sd R/cl L, sd R; XLif ( <i>W XRif</i> ), sd R, XLif ( <i>W XRif</i> )/ sd R, XLif ( <i>W XRif</i> ); sd R, XLif ( <i>W XRif</i> ), sd R/cl L, sd R;
5	<b>New Yorker 4;</b>	Thru L to LOP, rec R to fc, sd L, rec R;
6	<b>New Yorker 3 &amp; Point to LOD;</b>	Thru L to LOP, rec R to fc, contg to trn LF sd & fwd L to OP, pt R twd LOD;



**Lily Allen** (born 2 May 1985) is an English recording artist, talk show host, and actress. She is the daughter of actor and musician Keith Allen and film producer Alison Owen. In her teenage years, her musical tastes evolved from glam rock to alternative. She ran away from home to attend the Glastonbury Festival at the age of fourteen. A year later, Allen abandoned school and concentrated on improving her performing and compositional skills. Afterwards, she created several demo songs, and near the end of 2005, she created a profile on MySpace, where she made some of her recordings public.

**ALFIE (2006)**

Ooooo deary me,  
 My little brother's in his bedroom smoking weed,  
 I tell him he should get up cos it's nearly half past three  
 He can't be bothered cos he's high on THC.  
 I ask him very nicely if he'd like a cup of tea,  
 I can't even see him cos the room is so smoky,  
 Don't understand how one can watch so much TV,  
 My baby brother Alfie how I wish that you could see.

Oooooo I only say it cos I care,  
 So please can you stop pulling my hair.  
 Now, now there's no need to swear,  
 Please don't despair my dear Mon frère.

Ooooo Alfie get up it's a brand new day,  
 I just can't sit back and watch you waste your life away

*You need to get a job because the bills need to get paid.  
 Get off your lazy arse,*

*Alfie please use your brain  
 Surely there's some walls out there that you can go and spray,  
 I'm feeling guilty for leading you astray,  
 Now how the hell do you ever expect that you'll get laid,  
 When all you do is stay and play on your computer games?*

*Oh little brother please refrain from doing that,  
 I'm trying to help you out so can you stop being a twat.  
 It's time that you and I sat down and had a little chat,  
 And look me in the eyes take off that stupid fitted cap.*

*Don't despair, Alfie, mon frère*

**ALFIE – Woodruff – Cha/Merengue III+2 – Lily Allen – 2:41**

**INTRO - MR (4 meas)**

OP-FCG WALL Wait 1 ; Quick Apart Pt Tog Tch to Shoulder Hold ;  
Merengue Basic ; Glide ;

**PART A - MR (8 meas)**

Arm Slide ;; Basic ; Triple Balance L & R ; Arm Slide to Narrow BFLY ;;  
Basic ; Triple Balance L & R ;

**PART B - CH (8 meas)**

Shoulder to Shoulder in 4 ; Shoulder to Shoulder ; New Yorker in 4 ;  
New Yorker to LOP RLOD ; Walk 4 ; New Yorker to OP ; Walk 4 ;  
New Yorker to BFLY ;

**PART C - CH (8 meas)**

½ Basic ; Whip to BFLY ; Crab Walks ;; Spot Turn ; Whip ;  
Alemana to Shoulder Hold ;;

**PART A - MR (8 meas)**

Arm Slide ;; Basic ; Triple Balance L & R ; Arm Slide to Narrow BFLY ;;  
Basic ; Triple Balance L & R ;

**PART D - CH (8 meas)**

Shoulder to Shoulder in 4 ; Shoulder to Shoulder ;  
Shoulder to Shoulder in 4 ; Shoulder to Shoulder ;  
Fence Line in 4 ; Fence Line ; Fence Line in 4 ; Fence Line ;

**PART C - CH (8 meas)**

½ Basic ; Whip to BFLY ; Crab Walks ;; Spot Turn ; Whip ;  
Alemana to Shoulder Hold ;;

**PART E - CH (8 meas)**

Vine 2 Fc to Fc ; Vine 2 Bk to Bk ; Traveling Doors Both Ways to OP ;;  
Sliding Doors Both Ways ;; Apart Rec Face-cha ; Cucaracha R ;

**PART D - CH (8 meas)**

Shoulder to Shoulder in 4 ; Shoulder to Shoulder ;  
Shoulder to Shoulder in 4 ; Shoulder to Shoulder ;  
Fence Line in 4 ; Fence Line ; Fence Line in 4 ; Fence Line ;

**PART C - CH (1-6)**

½ Basic ; Whip to BFLY ; Crab Walks ;; Spot Turn ; Whip ;

**ENDING (6 meas)**

Crab Walks 2x ;;; New Yorker 4 ; New Yorker 3 & Point to LOD ;