

# FEMBOT

Jonna Bäckström, Sofia Carlsson, Moa Bäckström

Type: 32 Count, 4 Wall Funky  
Level: Novice  
Music: “Fembot” by Robyn

Notes: Arms and Intro are optional  
Restart on 5 wall after 16 Counts

---

## Intro

- 1,2 Point your right thumb at you chest  
3,4 Hold  
5 Bend you knees slightly and put your arms out with elbow in shoulder level with forearms pointing straight up  
6 Hold arm position and bend upper body to the left  
& Hold arm position and bend upper body to the right  
7 Stand up straight and put your hands together forward while holding your hands like a gun  
8 Hold
- 1 Pretend you are a robot and put your right elbow to the front, point your forearm diagonally up to the left with palm in front of your face, while your left elbow is pointing slightly diagonally down to the left with the forearm pointing diagonally down to the right, palm facing your body  
2 Hold elbow positions but point your right forearm diagonally down to the left and your left forearm diagonally up to the right while twisting slightly your upper body to the left  
3,4 Hold  
5,6,7,8 Stand up straight and shake upper body
- 1 Jump while crossing your right foot in front of your left foot, while moving your right arm straight out to the right and pointing your left elbow to the left with fist in front of your chest  
2 Jump out and do the same arm movement to the opposite side  
3,4 Hold  
5,6 Shape a large heart with you hands in front of your face  
7,8 Move your arms slightly out from your body and hold up your index- and middle finger (like the peace sign)

- 1 Stand on your left leg, slightly bent, hook your right leg over your left knee, bend forward putting your left forearm on top of your right calf, put your right elbow on top of your left hand, lean your chin on your right fist
  - 2,3,4,5,6 Hold position
  - 7 Move your arms slightly from your body with palms up
  - 8 Hold arm position and move your shoulders up then down
- 

## Dance

### **Side, Touch, Side, Tuch, Heel, Step, Heel, Step**

- 1 Step **RF** to right side
- 2 Touch **LF** next to **RF**
- 3 Step **LF** to left side
- 4 Touch **RF** next to **LF**
- 5 Put **RF** heel forward
- 6 Step forward on **RF**
- 7 Put **LF** heel forward
- 8 Step forward on **LF**

*(optional arms:*

- 1 *Move your right arm straight out to the right and pointing your left elbow to the left with fist in front of your chest*
- & *do the same arm movement to the opposite side*
- 2 *Move your right arm straight out to the right and pointing your left elbow to the left with fist in front of your chest*
- 3 *Bend knees and bend forward while dragging your right hand along the floor to the left*
- 4 *Stand up straight anf point your right elbow to the right side)*

### **Flick, Kick, Step, Jump, Jump, Step, Cross, Point, Cross, Point**

- 1 Flick **RF** behind left leg
- & Kick **RF** to right side
- 2 Step **RF** to right side
- 3 Jump on **RF** turning  $\frac{1}{4}$
- & Jump on **RF** turning  $\frac{1}{4}$
- 4 Jump on **LF**
- 5 Cross rf over **LF**
- 6 Point **LF** to left side
- 7 Cross **LF** over **RF**
- 8 Point **RF** to the right side

*(optional arms:*

*on counts 2 – 4*

*Hold elbows out in shoulder level with forearms diagonally up and palms out*

- 6 Point left arm forward and right arm straight back
- 7 Swing right arm down and up like a circle
- 8 Bring left arm straight up)

### Step, Swivel, Behind, Side, Cross, Unwind 3/4

- 1 Step **RF** to right side
- & Swivel both heels to right
- 2 Swivel both heels back
- 3 Cross **RF** behind **LF**
- & Step **LF** to right side
- 4 Cross **RF** over **LF**
- 5-8 Squat while turning  $\frac{3}{4}$  to the left, rise

*(optional arms:*

- 1 *Put fists together in front of your chest*
- & *Twist upper body to the right while holding arm position*
- 2 *Twist upper body to the front again)*

### Heelgrind $\frac{1}{2}$ , Step, Touch, Kick-ball-change, Body roll

- 1 Place right heel forward
- 2 Turn  $\frac{1}{2}$  to the right, stepping back on **LF**
- 3 Step **RF** backward
- 4 Touch **LF** next to **RF**
- 5 Kick **LF** forward
- & Step **LF** next to **RF**
- 6 Step **RF** next to **LF**
- 7-8 Body roll up

*(optional arms:*

- 1 *Put palms out to the right side*
- 2 *Put palms out to the left side*

5 *Snap your fingers*

7-8 *Shape your right hand like a gun and make a half circle forward starting next to your leg and finish by pointing up.)*