Forget Me Not (勿忘我) (zh)

Count: 48 **Wall:** 4 **Level:** Improver waltz
Choreographer: Juilin Chen (TW) & Irene Deng (TW) - 2015年10月
Music: Forget Me Not (勿忘我)

Intro : 32 Count start on vocal (Approx. 21 Seconds Into Track) 4:00 iTunes ,78 bpm
Tag : 6 count After end of wall 3 and Wall 6

SECTION 1: Twinkle Steps

1 – 3	Behind Rf over Lf , Step Lf to Left diagonal(10:30), Step Rf next to Lf.
4 – 6	Behind Lf over Rf , Step Rf to right diagonal(1:30), Step Lf next to Rf.
1 – 3	右足 交叉左足後下沉(1)，左足斜前踏(10:30)(2)，右足併踏左足旁(3)
4 – 6	左足 交叉右足後下沉(4)，右足斜前踏(1:30)(5)，左足併踏右足旁(6)

SECTION 2 : Twinkle Steps

1 – 3	Behind Rf over Lf , Step Lf to Left diagonal(10:30), Step Rf next to Lf.
4 – 6	Behind Lf over Rf , Step Rf to right, Step Lf next to Rf.(12:00)
1–3	右足 交叉左足後下沉(1)，左足斜前踏(2)，右足併踏左足旁(3)
4–6	左足 交叉右足後下沉(4)，右足斜前踏(5)，左足併踏右足旁(6)

SECTION 3: Basic Back Waltz, Recover, Chasse

1–3	Step back on Rf, Step Lf next to Rf, Behind Rf over Lf
4, 5 & 6	Recover on Lf, Step Rf to right side ,Step Lf next to Rf, Step Rf to right side.
1 – 3	右足退(1)，左足踏併右足旁(2)，右足 交叉左足後下沉(3)
4,5&6	重心回左足(4)，右足右踏(5)，左足併右足旁(&)，右足右踏(6)

SECTION 4: Cross, Recover, Side, Counterclockwise unwind, Side

1 – 3	Step Lf cross over Rf, Recover on Rf, Step Lf to left side(12:00)
4 – 6	Cross Rf over Lf , Counterclockwise Turn left circle, Step Lf to left side
1 – 3	左足交叉右足前下沉(1)，重心退回右足(2)，左足回踏右足旁(3)
4 – 6	右足交叉左足左旁(4)，反時針向左旋轉一圈(5)，左足左旁踏(6)

SECTION 5: Cross, Recover, Side, Cross, Recover, Side,

1 – 3	Cross Rf over Lf, Recover on Lf, Step Rf beside Lf
4 – 6	Cross Lf over Rf, Recover on Rf, Step Lf beside Rf
1 – 3	右足交叉左足前下沉(1)，重心回左足(2)，右足回踏左足旁(3)
4 – 6	左足交叉右足前下沉(4)，重心退回右足(5)，左足回踏右足旁(6)

SECTION 6: Forward, Sweep 1/4 Turn Right, Twinkle 1/2 turn Left

1 – 3	Step Rf forward (1), Sweep Lf 1/4 turn right (2,3)(3:00)
4 – 6	Step Lf Forward, Step Rf back, making turn left (12:00), step Lf to left, making 1/4 turn left (9:00)
1 – 3	右足前踏(1)，左足前繞右轉1/4(2-3)(3:00)。
4 – 6	左足前踏(4)，右足退左轉1/4(12:00)(5)，左轉1/4(9:00)左足左旁踏(6)

SECTION 7:'Basic Forward Waltz, Basic back Waltz

1 – 3	Step forward on Rf, Step Lf next to Rf, Step Rf next to Lf(9:00)
4 – 6	Step back on Lf, Step Rf next to Lf, Step Lf next to Rf
1 – 3	華爾滋前進基本步 右足前(1)，左足併右足旁(2)， 右足原地踏(3)(9:00)
4 – 6	華爾滋後退基本步 左足退(4)， 退右足(5)， 左足併右足旁(6)

SECTION 8: Twinkle 1/2 Turn Left, Forward sliding x2

1 – 3	Step Rf back, Step Lf forward, making 1/2 turn left (3:00), Step Rf next to Lf

4 – 6	Step Lf forward out Sliding, Step Rf forward out Sliding, Step Lf next to Rf
1 – 3	右足退(1)，左轉1/2左足前踏(2)，右足併左足旁(4)
4 – 6	左足前滑步(4)，右足前滑步(5)，左足併踏右足旁(6)

TAG : 6 counts After end wall 3(9 o`clock) and wall 6(6 o`clock)

1 – 3	Step Rf to side, making a slow hip bump right
4 – 6	Step Lf to side, making a slow hip bump left
1 – 3	右足右踏(1)，身體慢速右搖(2-3)
4 – 6	左足左踏(4)，身體慢速左搖(5-6)

Proposal : Hand movements refer to the demo
手的動作請參考影片。

Have fun!!! Happy Dance

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