Follow My Rhythm

Count: 32   **Wall:** 4   **Level:** High Improver

Choreographer: Jaszmine Tan (MY) - April 2025

Music: Body Talk - Lisa & Tyla

Intro : 16 count

Restart : Wall 2 & Wall 7 – dance up to 16 count and Wall 4 – dance up to 28 count.

Sec 1: Step LF forward, Scuff RF, Rock LF back, Recover, Tic Tac, Hitch R, R Coaster

1 – 3	Step LF forward, scuff RF from L to R, step on RF
4 & 5	Rock LF behind RF, recover RF, step LF to 1/4 L (9)
6 & 7	Swivel R heel in, swivel L heel out making 1/2 R turn, hitch RF (3)
8 & 1	Step back on RF, close LF next to RF, step forward on RF

Sec 2: Kick, Cross, Side rock x 2, Step LF forward, Paddle 1/2 L

2& 3&	Kick LF forward, cross over RF, rock to R, recover on LF
4& 5&	Kick RF forward, cross over LF, rock to L, recover on RF
6 – 8	Step LF forward, paddle RF 1/4 L, paddle RF 1/4 L and step RF next to LF (9)

Restart - Wall 2 & Wall 7 after 16 count (restart facing 12 o'clock).

Sec 3: Walk forward L, R, Front coaster, Sweep back, Pony step

1 – 2	Walk forward L, R
3 & 4	Step LF forward, close RF next to LF, step back on LF
5 – 6	Step back on RF, sweep LF behind, step back on LF, sweep RF behind
7& 8&	Rock RF behind, recover, rock RF behind, recover on LF

Sec 4: Pivot 1/4 L turn, Cross rock, Recover, Pivot 3/4 R turn

1 – 2	Step RF forward, 1/4 L turn transfer weight to LF (6)
3 & 4	Cross rock RF over LF, recover, step RF to R
5 – 8	Step LF forward, 1/2 R turn transfer weight to RF, step forward on LF 1/4 R, drag RF next to LF (end weight on RF). (3)

Restart Wall 4 after 28 count (restart facing 9 o'clock).

Ending step change – dance up to 13 count, point LF 1/4 R to face the front wall.

Sec 2: Kick, Cross, Point, Kick, Point L 1/4 R

2& 3&	Kick LF forward, cross over RF, point RF to R, recover on LF
4& 5	Kick RF forward, step down on RF, point LF to L 1/4 R turn (facing front wall).

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