

# Follow The Sun

**Compte:** 64

**Mur:** 4

**Niveau:** Easy Intermediate



**Chorégraphe:** Francien Sittrop (NL) - March 2016

**Musique:** Follow the Sun (Black Box Radio Edit) - Time Square & Xavier Rudd : (Album: Single)

**Intro: Start after 16 counts from the beginning**

**[1 - 8] □ Prissy Walks fwd, Shuffle fwd, Rock step, Recover, Coaster cross**

- 1 – 2 Step R across L, Step L across R
- 3 & 4 Step R fwd, Step L next to R, Step R fwd
- 5 – 6 Rock L fwd, Recover on R
- 7 & 8 Step L back, Step R next to L, Step L across R

**[9-16] □ Rolling Vine, Side Shuffle, Cross Rock , Recover, Sailor step ¼ Turn L**

- 1 – 2 ¼ Turn R step R fwd, ½ Turn R step L back
- 3 & 4 ¼ Turn R step R to R side, Step L next to R, Step R to R side
- 5 – 6 Rock L across R, Recover on R
- 7 & 8 Sweep L behind R with ¼ Turn L, Step R to R side, Step L fwd (09.00)

**[17-24] □ Skates R – L , Shuffle fwd, Step fwd, Touch and Step, Scuff**

- 1 – 2 Skate R fwd, Skate L fwd
- 3 & 4 Step R fwd, Step L next to R, Step R fwd
- 5-6& Step L fwd, Touch R next to L, Step R next to L
- 7 – 8 Step L fwd, Scuff R fwd

**[25-32] □ Diag Steps with touch, Coaster Step**

- 1 – 2 Step R Diagonally R fwd, Touch L next to R
- 3 – 4 Step L Diagonally L back, Touch R next to L
- 5 – 6 Step R Diagonally R back, Touch L next to R
- 7 & 8 Step L back, Step R next to L, Step L fwd \*\*R\*\*

**[33-40] □ Side, Together , Shuffle fwd, Side , Together, Walks back L-R**

- 1 – 2 Step R to R side, Step L next to R
- 3 & 4 Step R fwd, Step L next to R, Step R fwd
- 5 – 6 Step L to L side, Step R next to L
- 7 – 8 Step L back, Step R back

**[40-48] □ Side rock , Recover, Sailor step, Sailor step ¼ R, Step fwd, Pivot ½ R**

- 1 – 2 Rock L to L side, Recover on R
- 3 & 4 Sweep L behind R, Step R next to L, Step L to L side
- 5 & 6 Sweep R behind L with ¼ Turn R, Step L to L side, Step R fwd (12.00)
- 7 – 8 Step L fwd, Pivot ½ Turn R (06.00) \*\*R\*\*

**[49-56] □ Step Fwd, Sweep, Step fwd, Sweep, Jazz Box ¼ Turn L □**

- 1 – 2 Step L fwd, Sweep R fwd
- 3 – 4 Step R fwd, Sweep L fwd
- 5 – 8 Step L across R, Step R back, ¼ Turn L step L to L side, Step R fwd (03.00)

**[57-64] □ L Heel fwd ,R Heel fwd, Back, Back, Step fwd, Pivot ½ R, Shuffle fwd**

- 1 – 2 Step on L heel fwd, Step on R heel fwd ( with toes up)
- 3 – 4 Step L back, Step R next to L
- 5 – 6 Step L fwd, Pivot ½ Turn R (09.00)

7 & 8

Step L fwd, Step R next to L , Step L fwd

**Restarts:-**

During wall 1 : After count 32, Start again with count 1

During wall 3 : After count 48, Add an & count step L next to R and start again with count 1

During wall 7 : After count 32, Start again with count 1 .

**Ending:** Wall 8 is the last wall (front wall) Dance until count 14( Cross Rock Recover) Then make Coaster step

**Website**  : [www.franciensittrop.nl](http://www.franciensittrop.nl)

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