

Follow You Home

Compte: 64

Mur: 2

Niveau: Intermediate - Pop/Disco



Chorégraphe: Liz Lowry (UK) & Adrian Swales (UK) - May 2014

Musique: Follow You Home - Embrace : (iTunes)

Intro: 32 counts

[1-8] STEP ¼ PIVOT, RIGHT CROSS SHUFFLE. HINGE ½ RIGHT, LEFT CROSS SHUFFLE. □

- 1-2 Step forward Right. Pivot ¼ turn Left.
- 3&4 Cross step Right over Left. Step Left to Left side. Cross step Right over Left.
- 5-6 Turn ¼ Right stepping back Left. Turn ¼ Right stepping Right to Right side.
- 7&8 Cross step Left over Right. Step Right to Right side. Cross step Left over Right (face 3:00).

[9-16] SIDE, HOLD, & SIDE, TOUCH. SIDE, HOLD, & ¼ LEFT, ¼ SCUFF. □

- 1-2 Step Right to Right side. Hold.
- &3-4 Step Left next to Right. Step Right to Right side. Touch Left next to Right.
- 5-6 Step Left to Left side. Hold.
- 7&8 Step Right next to Left. Step forward Left turning ¼ Left. Turn ¼ Left scuffing Right forward (face 9:00).

[17-24] RIGHT MAMBO FORWARD, LEFT MAMBO BACK. PADDLE ¾ RIGHT. □

- 1&2 Rock forward on Right. Rock back on Left. Step back Right.
- 3&4 Rock back on Left. Rock forward on Right. Step forward Left.
- 5 Step forward Right turning ¼ turn Right.
- &6 Step on ball of Left. Step Right in place turning ¼ turn Right.
- &7 Step on ball of Left. Step Right in place turning ¼ turn Right.
- &8 Step forward on ball of Right. Step Right in place (face 6:00).

[25-32] FORWARD ROCK, SHUFFLE ½ LEFT. STEP, ½ PIVOT, 2 WALKS FORWARD. □

- 1-2 Rock forward on Left. Recover weight to Right.
- 3&4 Shuffle ½ turn Left stepping Left, Right, Left (face 12:00).
- 5-6 Step forward Right. Pivot ½ turn Left (face 6:00).
- 7&8 Walk forward Right. Walk forward Left ** Restart here wall 2

[33-40] RIGHT HEEL, SLIP, TOE, SLIP, SAMBA STEP. LEFT HEEL, SLIP, TOE, SLIP, SAMBA STEP. □

- 1& Step Right heel forward and across Left foot on slight diagonal to Left. Replace weight to Left slipping it slightly leftwards.
- 2& Step Right toe back. Replace weight to Left slipping it slightly leftwards.
- 3&4 Cross step Right over Left. Step Left to Left side. Replace weight on Right.
- 5& Step Left heel forward and across Right foot on slight diagonal to Right. Replace weight to Right slipping it slightly rightwards.
- 6& Step Left toe back. Replace weight to Right slipping it slightly rightwards.
- 7&8 Cross step Left over Right. Step Right to Right side. Replace weight on Left.

[41-48] JAZZBOX ¼ RIGHT, SCUFF. STEP, SCUFF, STEP, SCUFF. □

- 1-2 Cross step Right over Left. Step Left back.
- 3-4 Step Right to Right side turning ¼ Right. Scuff Left forward (face 9:00).
- 5-6 Step Left forward. Scuff Right forward.
- 7-8 Step Right forward. Scuff Left forward.

[49-56] FORWARD ROCK, SHUFFLE ¾ LEFT . SIDE, BEHIND, & HEEL, CLAP, CLAP. □

- 1-2 Rock forward on Left. Recover weight to Right.
- 3&4 Shuffle ¾ turn Left stepping Left, Right, Left (face 12:00).

5-6 Step Right to Right side. Cross step Left behind Right.
&7&8 Step back Right. Tap Left heel forward on Left diagonal. Clap. Clap.

[57-64] BALL CROSS, SIDE, ¼ RIGHT, ¼ RIGHT. RIGHT SAILOR, LEFT SAILOR.□

&1-2 Step back Left. Cross step Right over Left. Step side Left.
3-4 Turning ¼ Right step Right to side. Turning ¼ Right step Left to side (face 6:00).
5&6 Step Right behind Left. Step side Left. Step side Right.
7&8 Step Left behind Right. Step side Right. Step side Left (face 6:00).

Contact: lizlowry@btinternet.com□
