

Follow Me

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Low Intermediate
编舞者: Joy Kim (KOR) - October 2019
音乐: Follow Me - Hardwell & Jason Derulo



Sequence: A-B-B-B-A-B-B-B-A-A-B-B

Intro: 32 counts

Part A: 32 counts

[1-8] ROCK CROSS, RECOVER, ROCK SIDE, RECOVER, BACK, SAILOR FORWARD, STEP

1 2 3 4 Cross RF over LF (1), Recover LF (2), Rock RF to right side (3), Recover LF (4)
5 6&7 8 Step RF back (5), Cross LF behind RF (6), Step RF to right side (&) Step LF forward (7),
Step RF forward (8) 12:00

[9-16] 1/4 TURN R SIDE, SAILOR SIDE, BEHIND, SIDE, ROCK CROSS, RECOVER, SIDE

1 2&3 1/4 turn right while step LF to left side (1), Cross RF behind LF (2), Step LF to left side (&),
Step RF to right side (3) 3:00
4 5 6 7 8 Step LF behind RF (4), Step RF to right side (5), Cross LF over RF (6), Recover RF (7), Step
LF to left side (with sway) (8)

[17-24] SWAY SIDE X2, SHUFFLE R SIDE, ROCK BACK, RECOVER, 1/4 TURN R SHUFFLE L SIDE,

1 2 3&4 Step RF to right side (with sway) (1), Step LF to left side (with sway) (2), Step RF to right side
(3), Step LF beside RF (&), Step RF to right side (4)
5 6 7&8 Rock LF back (5), Recover RF (6), 1/4 turn right while Step LF to left side (7), Step RF beside
LF (&), Step LF to left side (8) 6:00

[25-32] ROCK BACK, RECOVER, 1/4 TURN L BACK, 1/2 TURN L FORWARD, ROCKING CHAIR

1 2 Rock RF back (1), Recover LF (2),
3 4 1/4 turn left while step RF back (3) 3:00, 1/2 turn left while step LF forward (4) 9:00
5 6 7 8 Rock RF forward (5), Recover LF (6), Rock RF back (7), Recover LF (8)

Part B: 32 counts

[1-8] KICK, CROSS, BACK, SHUFFLE SIDE, ROCK BACK, RECOVER, 1/2 TURN R SHUFFLE BACK

1 2 3 Kick RF forward (1), Cross RF over LF (2) Step LF back (3) 9:00
4&5 Step RF to right side (4), Step LF beside RF (&), Step RF to right side (5)
6 7 Rock LF back (6), Recover RF (7)
8&1 1/2 turn right while shuffle back stepping L-R-L (8&1) 3:00

[9-16] TOGETHER, STEP, 1/4 TURN L TOUCH SIDE X2, CROSS, 1/4 TURN R BACK, 1/4 TURN R SIDE

2 3 Step RF next to LF (2), Step LF forward (3)
4 5 1/4 turn left while touch RF to right side (4) 12:00, 1/4 turn left while touch RF to right side (5)
9:00
6 7 8 Cross RF over LF (6), 1/4 turn right while step LF back (7) 12:00, 1/4 turn right while step RF
to right side (8) 3:00

[17-24] STEP, HOLD, TOGETHER, STEP, ROCK FORWARD, RECOVER, FULL TURN R, 1/4 TURN R SIDE

1 2& Step LF forward (1), Hold (2), Step RF next to LF (&)
3 4 5 Step LF forward (3), Rock RF forward (4), Recover LF (5)
6 7 8 1/2 turn right while step RF forward (6) 9:00, 1/2 turn right while step LF back (7) 3:00, 1/4
turn right step RF to right side (8) 6:00

[25-32] ROCK CROSS, HOLD, RECOVER, TOGETHER, ROCK CROSS, SIDE, TOGETHER, CROSS, BIG STEP-DRAG, TOGETHER

1 2& Cross LF over RF (1), Hold (2) Recover RF (&
3 4 Step LF beside RF (3), Cross RF over LF (4)
5&6 Step LF to left side (5), Step RF beside LF (&), Cross LF over RF (6)
7 8 Drag LF to RF while big step RF to right side (7), Step LF next to RF (8)
