

Forget You

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Doug Miranda (USA) & Jackie Miranda (USA) - November 2022
音乐: Forget You (Glee Cast Version) (feat. Gwyneth Paltrow) - Glee Cast : (Album: Glee: The Music Vol 4)



Dance starts after 16 counts on vocals - CW rotation

Set 1 - Vine R, Vine L

1-4 Step R to R side, cross step L behind R, step R to R side, touch L next to R
5-8 Step L to R side, cross step R behind L, step L to L side, touch R next to L

Set 2 - Step Out-Out, Hold, Step Back Out-Out, Hold; Hip Bumps

&1,2 Step slightly forward and out on R to R side, step slightly forward and out on L to L side, hold
&3,4 Step back and out on R, step back L on L
5-8 Bump hips twice to R, bump hips twice to L

Set 3 - Charleston, ¼ Turn Jazz Box

1-4 Step forward on R, kick L forward, step L next to R, touch R back
5-8 Cross R over L, turn ¼ R as you step back on L, step R to R side, Step L next to R

Set 4 - Charleston, Jazz Box

1-4 Step forward on R, kick L forward, step L next to R, touch R back
5-8 Cross R over L, step back on L, step R to R side, Step L next to R

Start Again!

To end to the front wall : after last counts of 8 of Set 4 quickly turn and look over your R shoulder as you Step your body ¼ R stepping R to R side

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