

# Follow Me Warm-Up - Number Two

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 1      级数: Senior / Beginner  
编舞者: Sandy Kerrigan (AUS) - February 2025  
音乐: One in a Million (Remix) - Bosson  
或: Any suitable Music - Warm-up Music



There are no tags or restarts in the warm-up – just follow the leader.  
The warm-up was thought up for fun, and thinking purposes.  
You may instruct from the start! Then let the group fill in the rest, by following.  
The dances will be slow, and never have any restarts or tags. Just follow!  
Suitable for split floors, and the beginner dancer.

## **Point R Fwd, Point R to R, R Toe Heel Strut Together, Point L Fwd, Point L to L, L Toe Heel Strut Together 12:00**

1 2 3 4      Point R Toe Fwd, Point R Toe to R Side, R toe Together, Drop onto R Heel  
5 6 7 8      Point L Toe Fwd, Point L Toe to L Side, L Toe Together, Drop onto L Heel

## **R Fwd Rocking Chair, Step Fwd, Scuff, Step Fwd, Scuff 12:00**

1 2 3 4      Rock Fwd R, Replace Back to L, Rock Back on R, Replace Fwd to L  
5 6 7 8      Step Fwd R, Scuff L, Step Fwd L, Scuff R

## **Fwd R Rock Step, Step Back, Tap, Step Back, Tap, Step Back, Tap 12:00**

1 2 3 4      Rock Fwd R, Replace Back to L, Step Back R, Tap L next to R  
5 6 7 8      Step Back L, Tap R next top L, Step Back R, Tap L next to R

## **Vine L, Tap, Step Side, Step Together, Step Side, Step Together, 12:00**

1 2 3 4      Step L to L, Step R Behind L, Tap R next to L (or rolling vine)  
5 6 7 8      Step R to R, Step L next to R, Step R to R, Step L next to R-wt L

**Version 1:00 – 12:00**