

Follow Me Warm-Up - Number Four

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 1 级数: Senior / Beginner
编舞者: Sandy Kerrigan (AUS) - February 2025
音乐: September In the Rain - Julie London
或: Catch a Falling Star - Perry Como
或: Papa Loves Mambo - Perry Como
或: Any suitable music



Dance Info: 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 to medium tempo, and never have any restarts or tags. Just follow!
Suitable for split floors, and the beginner dancer.

Walk Fwd R, Hold, Walk Fwd L, Hold, Right Mambo Step, Hold 12:00

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

Walk Back L, Hold, Walk Back R Hold, L Coaster Step, Hold 12:00

1 2 3 4 Walk Back L, Hold, Walk Back R, Hold
5 6 7 8 Step Back L, Step R next to L, Step Fwd L, Hold

R Fwd Rumba Box 12:00

1 2 3 4 Step R to R, Step L next to L, Step Fwd R, Hold
5 6 7 8 Step L to L, Step R next to L, Step Back L, Hold

R Side Mambo, Hold, L Side Mambo, Hold 12:00

1 2 3 4 Rock R to R Side, Replace to L, Step R next to L, Hold
5 6 7 8 Rock L to L Side, Replace to R, Step L next to R, Hold

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