

Follow Me Warm-Up - Number Five

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 1 级数: Senior / Beginner
编舞者: Sandy Kerrigan (AUS) - February 2025
音乐: Lucky Star - Ricky Nelson
或: Little Ole Wine Drinker, Me - Dean Martin
或: Sweet Nothings - The Dean Brothers
或: Heart Is Right - Carlene Carter
或: Any suitable - Warm-up 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.
Note: 4 Wall Dance: Modify the last 4 counts: Turning $\frac{1}{4}$ L
Step L to L, Step R next to L, Turning $\frac{1}{4}$ L-Step Fwd L, Scuff R

Right Fwd V- Step, R Fwd Rocking Chair 12:00

1 2 Step R out Fwd to R Diagonal, Step L out Fwd to L Diagonal (feet apart)
3 4 Step R Back to Centre, Step L next to R
5 6 7 8 Rock Fwd R, Replace Back to L, Rock Back R, Replace Fwd to L

Step Fwd, Tap, Step Fwd, Tap, Step Fwd, Tap, Step Fwd, Tap (clap on the taps). 12:00

1 2 3 4 Step Fwd R, Tap L Together, Step Fwd L, Tap R Together
5 6 7 8 Step Fwd R, Tap L Together, Step Fwd L, Tap R Together

Walk Back R, Back L, Back R, Kick L Fwd, Walk Back L, Back R, Back L, Hitch R 12:00

1 2 3 4 Step Back R, Step Back L, Step Back R, Kick L
5 6 7 8 Step Back L, Step Back R, Step Back L, Hitch R

Step R to R, Step Together, Step Side, Hitch L, Step Side, Together, Side, Scuff R 12:00

1 2 3 4 Step R to R Side, Step L next R, Step R to R, Hitch L
5 6 7 8 Step L to L, Step R next to L, Step L to L, Scuff R next to L

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Note: As noted above: This dance is also 4 Walls.
