

Follow Me Warm-Up - Number Eleven

COPPER KNOB
STEPPERS

拍数: 0 墙数: 1 级数: Senior/Beginner
编舞者: Sandy Kerrigan (AUS) - April 2025
音乐: Yo No Soy un Monstruo - Elvis Crespo & Ilegales
或: Or: Ole Brazil (feat. Maluma)-[Merengue] by Elvis Crespo



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, this dance requires instruction.
The dances will be slow to medium tempo, no restarts or tags. Just follow!

Step Side, Together, Side, Scuff, L Jazz Box with Cross Over 12:00

1 2 3 4 Step R to R, Step L next to R, Step R to R, Scuff L
5 6 7 8 Cross L over R, Step Back on R, Step L to L, Cross R over L

Step Side, Together, Side, Scuff, R Jazz Box with Cross Over 12:00

1 2 3 4 Step L to L Side, Step R next to L, Step L to L, Scuff R
5 6 7 8 Cross R over L, Step Back on L, Step R to R, Cross L over R

Step Side, Step Together, R Side Rock, Together, L Side Rock, Together 12:00

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

R Mambo Step, L Mambo Step, Back Rock Step 12:00

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

Continue on for a 64 count dance.

Walk Fwd R, L, R, Kick L, Walk Back L, R, L, Tap R next to L 12:00

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

Modified R Box with Cross Over 12:00

1 2 3 4 Step R to R, Step L next to R, Step Fwd R, Step L to L Side
5 6 7 8 Step R next to L, Step Back on L, Step R to R, Cross L over R

Side Rock, Cross, Side Rock, Step Fwd, Fwd ¼ Pivot Turn 9:00

1 2 3 Rock R to R Side, Replace to L, Cross R over L
4 5 6 7 Rock L to L Side, Replace to R, Step Fwd L
7 8 Step Fwd R, ¼ Pivot Turn L-wt on L 9:00

Cross, Point Side, Cross, Point Side, 1/4 R-Jazz Box Turn to 12:00

1 2 3 4 Cross R over L, Point L to L Side, Cross L over R, Point R to R Side
5 6 7 8 Cross R over L, Step Back on L, ¼ R-Step R to R Side, Cross L over R

64 (4 Wall Dance: Leave the Jazz Box turn out: wall 2 starts at 9:00).

Note: When using Ole Brazil: on the: he he he he he he dame una ola!
Add: Shimmy your shoulders-Rhythmic tick-or Throw your arms in the air.