

Follow Me Warm-Up - Number Twelve

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 1 级数: Senior / Beginner
编舞者: Sandy Kerrigan (AUS) - May 2025
音乐: Same Ol' Song and Dance - Leland Martin & Chalee Tennison
或: Nel sole nel mare (Cha cha cha) - Antonella Nuti
或: Impossible Heart - Paloma Faith



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. I would teach this dance, due to the triple steps.

The dances will be slow to medium tempo, and never have any restarts or tags. Just follow!

Suitable for split floors, and the Beginner/Improver dancer.

Step Side, Cross Rock, Side Rock, Replace, Step Together, Back Rock, R Mambo Step 12:00

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

Step Behind, Step Behind (swing), L Coater Step, Side, Together, Step Side, Tap Tog 12:00

2 3 4 & 5 Swing/Step Back L, Swing/Step Back R, Step Back L, Step R next to L, Step Fwd L
6 7 8 1 *Step R to R, Step L next to R, Step R to R Side, Tap L next to R

Note 4 Walls: *Step & direction change here: 6 7 8 1 becomes 6 7 8 & 1 to face 9:00 Wall

6 7 8 & 1 - R Side Rock, Turning ¼ L-Replace to L, R Triple Step Together 9:00

Step Side, Together, Step Side, Together, Side Rock Step, L Cha Cha (Time-Step) 12:00

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

Cross Rock, Step Side, Step Across, Step Side, Together, R Side Shuffle 12:00

2 3 4 5 Cross Rock R over L, Replace to L, Step R to R Side, Cross L over R
6 7 8 & 1 Step R to R Side, Step L next to R, Step R to R, Step L next to R, Step R to R Side 12:00

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Note: This dance is also a 4 Wall Dance: Noted above*