

Follow The Waves

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - June 2025
音乐: Follow The Waves (feat. Caden) - Sam Feldt : (Spotify/YouTube Music/Apple Music/ Amazon Music/Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(Intro: 8 counts)

[S1] Side, Behind-Side, Step-Pivot 1/2R, Step-Paddle 1/4R into Heel Bounce L-R, L Heel-Toe Swivel In

- 1 2& Step R to the side, Step L behind R, Step R to the side
- 3 4 Step forward on L, Make a ½ turn right recover weight on R (6:00)
- 5 6 Step forward on L, Make a ¼ turn right recover weight on R (9:00)
- &7 L heel bounce, R heel bounce
- &8 Swivel L heel in, Swivel L toe in weight remains on R foot

[S2] Step-Samba Turn 1/4L, Cross-Turn 3/4R, Step-Samba Turn 1/4L, Kick-Ball-Run Around 1/2L-

- 1&2 Samba turn- Step forward on L, Making a ¼ turn left rock R to the side, Replace weight on L (6:00)
- 3&4 Cross R over L, Make a ¼ turn right stepping back on L, Make a ½ turn right stepping forward on R (3:00)
- 5&6 Samba turn- Step forward on L, Making a ¼ turn left rock R to the side, Replace weight on L (12:00)
- 7& Kick forward on R, Ball step L in place – Ready for run around!
- 8& Run around making a ½ turn left on L-R (6:00)

[S3] -Fwd Rock-1/4L Side Rock-Back Rock-Fwd Rock, Run Back, 1/4R-1/4R Side Rock-

- 1& - Rock forward on L, Replace weight on R
- 2& Make a ¼ turn left / rock L to the side (3:00), Replace weight on R
- 3&4& Rock back on L, Replace weight on R, Rock forward on L, Replace weight on R
- 5&6 Run back on L-R-L
- 7&8 Make a ¼ turn right stepping forward on R (6:00), Make a ¼ turn right / rock L to the side (9:00), Replace weight on R-

[S4] -1/4R-Drag & Scoop, Side-Touch-Side-Touch, Quick 1/4L Rock Turn, Cross-Side-Behind, 1/4L w/ Pencil 3/4L Turn

- 1 2 Make a ¼ turn right stepping L to the side (12:00), Drag & scoop R foot close to L
- &3&4 Step R to the side, Touch L next to R, Step L to the side, Touch R next to L
- &5 Rock R to the side making a ¼ turn left (9:00), Replace weight forward on L
- 6&7 Cross R over L, Step L to the side, Step R behind L
- 8 Make a ¼ turn left on your left foot, then complete another ¾ turn on the ball of the left foot while hitching the right foot (9:00)

TAG: 4 Counts Tag at the end of Wall 5 (9:00) – Sway R-L-R-L

Ending recommendation: The last wall begins at 9:00. Dance the 4 counts facing 12:00.

(updated: 10/June/25)