Forget Me Not!

拍数: 32	墙数: 4	级数: Intermediate

编舞者: Kim Ray (UK)

音乐: Forget-Me-Not - Gary Perkins & The Breeze

SIDE, KICK, SHUFFLE BACK, ROCK STEP, SHUFFLE FORWARD
1-2	Step left to left side, kick right to right diagonal
3&4	Shuffle back, right, left, right
5-6	Rock back on left, recover onto right
7&8	Shuffle forward, left, right, left

¼ PIVOT TURN, CROSS ROCK, ¾ STEP TURN, STEP FORWARD
9-10	Step forward on right, ¼ pivot turn left (weight on left)
11-12	Cross rock right over left, recover back onto left
13-14	¼ turn right stepping on right, ¼ right stepping onto left
15-16	¼ turn right stepping on right, step forward onto left

Optional: 13-15 rock alternate shoulders on each step

SHUFFLE FORWARD, ROCK STEP, TOUCH TURN, FULL SPIN
17&18	Right shuffle forward, right, left, right
19-20	Rock forward on left, recover back onto right
21-22	Touch left toe back, ½ turn left stepping down on left
23-24	Full spin left stepping right, left

¼ TURN TOUCH STEP, STEP BACK, HEEL TAP, STEP TURN, TRIPLE TURN
25-26	¼ turn left and touch right toe in place, step down on right
27-28	Step back on left (leaning slightly back/facing left diagonal), tap right heel forward

Alternative: kick right forward
29-30	Step on right (slightly forward & across of left) starting to turn right, step back on left (completing ½ turn right)
31-32	Triple step, right, left, right making ½ turn right (steps 29-32 moving to left)

REPEAT

TAG

After wall 10, after instrumental finishes (you will be facing back wall). Start dance again from back wall a further four times. Dance tag (facing back wall) once, then first 8 counts of tag again.

SIDE STEPS & HOLDS, SIDE ROCK, SAILOR CROSS
1-2&	Step left to left side, hold, step right next to left
3-4&	Step left to left side, hold, step right next to left
5-6	Rock left to left side, recover onto right
7&8	Cross left behind right, step right to right side, cross left in front of right
9-16	Repeat tag 1-8 leading with right

FINISH

For a nice finish, unwind ½ turn right (to face front) arms up