Follow Me



拍数: 32 墙数: 4 级数: Intermediate

编舞者: Roz Morgan (USA)

音乐: Follow Me - Uncle Kracker



ROCK RIGHT, ROCK LEFT, TOUCH, KICK BALL CHANGE, LOCKING SHUFFLE BACK, ½ TURN SHUFFLE

1-2	Rock right on	right foot	rock lef	t on left foot
1-2	ROCK HOLLOL	Hani loot.	TOCK IEI	i on ien iooi

3 Touch right foot next to left foot

Kick right foot forward, step right foot next to left foot, step left foot in place

Step back on right foot, step left foot across right foot, step back on right foot

8&1 ½ turn to left as you shuffle left, right, left

TOE TOUCH, SAILOR SHUFFLE INTO 1/4 TURN, TOE TOUCH, SAILOR SHUFFLE INTO 1/2 TURN

2-3 Touch right toes forward, touch right toes to right side

4&5 Make ¼ turn to right as you step right foot behind left foot, step left foot to left side, step right

foot to right side

6-7 Touch left toes forward, touch left toes to left side

8&1 Make ½ turn to left as you step left foot behind right foot, step right foot to right side, step left

foot to left side

SHUFFLES, ROCK, RECOVER, ½ TURN SHUFFLE

Shuffle forward right, left, rightShuffle forward left, right, left

Rock forward on right foot, recover on left foot 8&1 Turn ½ right as you shuffle right, left, right

½ TURN SHUFFLE, ROCK BACK, RECOVER, CROSS, SIDE, ROCK BEHIND RECOVER

Turn ½ right as you shuffle left, right, left
Rock back on right foot, recover on left foot

6-7 Cross right foot over left foot, step left foot to left side 8& Rock right foot behind left foot, recover on left foot

REPEAT