

Follow Me

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Cathryn Proudfoot (AUS)
音乐: Follow Me - Uncle Kracker



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- 1-2-3&4 Point right to side, turn ½ turn to right, rock left to side, replace weight to right, cross left in front of right
- 5-6-7-8 Rock forward on right, replace weight back on left, turn ½ turn to right doing right heel strut
- 1-2-3-4 Turn full turn right moving forward stepping left back then right forward, step forward diagonally on left bumping hips to left, bump hips back to right
- 5&6-7-8 Bump hips left-right-left, rock forward on right, replace weight back on left
- 1-2-3-4& Turn ½ turn right stepping right forward, turn ½ turn right stepping left back, turn ¼ turn right stepping right to side, step left across in front of right, step right to side
- 5-6-7-8 Replace weight to left, step right across in front of left, step left to side, replace weight back to right
- 1&2-3-4 Left sailor step: step left behind right, step right to side, step left forward, step forward on right, pivot ½ turn to left transferring weight forward on left
- 5&6-7&8 Step right forward slightly in front of left, twist both heels out & in rising slightly up on toes ending with weight on right, step left forward slightly in front of right, twist both heels out & in rising slightly up on toes ending with weight on left

REPEAT

FINISH

To finish dance you are dancing the first four beats, on the side rock, cross, do a ¼ turn right to face the front
