

# Trying To Forget

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Frank Heelan (IRE) - January 2016  
音樂: I Keep Forgetting - Lee Ann Womack & Vince Gill



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## Section 1 : Skate, skate, shuffle forward. Rock recover, sailor step.

1-2            Skate forward right. Skate forward left.  
3&4           Step right forward, left together, step right forward.  
5-6           Rock left forward, recover to right.  
7&8           Sweep left around, step behind right, recover to right, left to left side.

## Section 2 : Sweep back right, sweep back left. Sailor 1/4 cross. Left side rock recover, cross shuffle.

1-2            Sweep right around, step behind left. Sweep left around, step behind right.  
3&4           Sweep right around turning 1/4 right, step right behind left, left to the side, cross step right over left.  
5-6           Rock left to left, recover to right.  
7&8           Cross left over right, right to right, cross left over right.

## Section 3 : Figure of 8

1-4            Step right to right ,left behind. Turn 1/4 right stepping right, left.  
5-8            Pivot 1/2 right. Turn 1/4 right stepping left to left, step right behind, turn 1/4 left step forward left

## Section 4 : Shuffle forward, rock recover. Shuffle back turn 1/2 right, stepping right left.

1&2            Step right forward, left together, forward right.  
3-4            Rock left forward, recover to right.  
5&6           Step left back, right together, back left.  
7-8            Turn 1/2 right, stepping right,left.

**TAG: 8 count Tag, end of wall 4 facing 12.00**

**Chasse right rock back recover. Chasse left rock back recover.**

**Note: There is a false ending after 3 mins. 2 secs. Keep going and the beat kicks in again.**

**The dance finishes on the figure of 8 facing 6.00. Step forward right pivot 1/2 left to finish.**

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