

Follow Me Warm-Up - Number Three

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Senior / Beginner
編舞者: Sandy Kerrigan (AUS) - February 2025
音樂: Feelings - Vigon Bamy Jay
或: Tea for Two - Della Reese
或: Land of Enchantment - Michael Martin Murphey
或: California Dreamin - Freischwimmer
或: Any suitable Cha Cha - Warm-up Music



There are no tags or restarts in the warm-up – just follow the leader.
The warm-up was thought up for fun, and thinking purposes.
You may instruct from the start! Then let the group fill in the rest, by following.
The dances will be slow, and never have any restarts or tags. Just follow!
Suitable for split floors, and the beginner dancer.
Note: 4 Wall Dance: Modify the last 4 counts
Fwd R, Pivot ¼ L, R Cha, Cha, Cha together

Fwd Rock Step, Cha, Cha, Cha, Back Rock Step, Cha, Cha, Cha 12:00

1 2 3 & 4 Rock Fwd L, Replace Back to R, Together L, Together R, Together L (cha cha cha)
5 6 7 & 8 Rock Back on R, Replace Fwd to L, Together R, Together L, Together R

Weave to L Side, Side Rock Step, Left Cross Shuffle 12:00

1 2 3 4 Step L to L, Step R Behind L, Step L to L, Cross R over L
5 6 7 & 8 Rock L to L Side, Rock R to R Side, Cross L over R, Step R to R, Cross L over R

Weave to R Side, Side Rock Step, Right Cross Shuffle 12:00

1 2 3 4 Step R to R, Step L Behind R, Step R to R, Cross L over R
5 6 7 & 8 Rock R to R Side, Rock L to L Side, Cross R over L, Step L to L, Cross R over L

Side Rock Step, Cha, Cha, Cha Together, Side Rock Step, Cha, Cha, Cha Together 12:00

1 2 3 & 4 Rock L to L Side, Rock R to R Side, Together L, Together R, Together L
5 6 7 & 8 Rock R to R Side, Rock L to L Side, Together R, Together L, Together R
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Note: As noted above: 4 Wall Dance, with step change
Note: When using Della Reese-Shimmy on the Cha, Cha Cha Steps

Last Update - 22 Mar 2025
