

Follow Me Warm-Up - Number Ten

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Senior / Beginner
編舞者: Sandy Kerrigan (AUS) - April 2025
音樂: Any Suitable Music - Warm-up Music
或: Act Your Age - Holiday Band
或: Jackson - Dixie Aces
或: Jackson - Nancy Sinatra & Lee Hazelwood



Dance Info: 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.
This Dance is suitable as a four wall dance: Noted Below*

Point R Fwd, Step Together, Point L Fwd, Stop Together, R Rocking Chair 12:00

1 2 3 4 Point R Toe Fwd, Step R next to L, Point L Toe Fwd, Step L next to R
5 6 7 8 Rock Fwd R, Replace Back to L, Rock Back on R, Replace Fwd to L

Cross, Point, Cross, Point, Fwd 1/8th Pivot L, Fwd 1/8th Pivot L 9:00

1 2 3 4 Cross R over L, Point L to L Side, Cross L over R, Point R to R Side
5 6 7 8 Step Fwd R, 1/8th Pivot Turn L, Step Fwd R, 1/8th Pivot Turn L-wt on L

Rock Fwd, Step Back, Step Back, Tap, Step Back, Tap, ¼ R-Step Side, Together (clap on the taps). 12:00

1 2 3 4 Rock Fwd R. Replace Back to L Step Back R, Tap L next to R
5 6 Step Back L, Tap R next to L

Note: 4 Wall Dance: Leave the ¼ R Out: Step Side together: Suits both songs*

7 8 Turning ¼ R-Step R to R Side, Step L next to R

R Side Rock, Together, L Side Rock, Together, Back Rock Step 12:00

1 2 3 Rock R to R Side, Rock L to L Side, Step R next to L
4 5 6 Rock L to L Side, Rock R to R Side, Step L next to R
7 8 Rock Back on R, Replace Fwd to L-wt on L

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