

Follow Me

拍數: 32 牆數: 4 級數: Improver
編舞者: Barry Cook (UK)
音樂: Follow Me - Uncle Kracker



ROCK RECOVER, TURNING ½ SHUFFLE, 2 WALKS, STEP ½ PIVOT

- 1-2 Rock forward on right, recover weight back onto left
- 3&4 Step back on right making ¼ turn to right, close left next to right, step right to right side making ¼ turn to right
- 5-6 Walk forward left & right
- 7-8 Step forward on left, make ½ pivot over right

2X WIZARD OF OZ, SIDE, TOGETHER, CHASSE LEFT

- 1-2& Step diagonally forward on left, lock right behind left, step left next to right
- 3-4& Step diagonally forward on right, lock left behind right, step right next to right
- 5-6 Step left to left side, close right next to left
- 7&8 Step left to left side, close right next to left, step left to left side

CROSS ROCK, RECOVER, STEP RIGHT & CLOSE, SHUFFLE FORWARD, ROCK RECOVER

- 1-2 Cross rock right over left, recover weight back onto left
- 3-4 Take a big step to right, drag left & close next to right (ending with weight on left)
- 5&6 Step right forward, close left next to right, step right forward
- 7-8 Rock forward on left, recover weight back onto right

¾ SHUFFLE TO LEFT, 2X HEEL BOUNCES, RIGHT KICK, BACK, BACK

- 1&2 Step back on left making ½ turn over left, close right next to left, step left to, left side making ¼ turn to left
- 3&4 Step forward on right, lift right heel, place heel down
- 5&6 Step forward on left, lift left heel, place heel down
- 7&8 Kick right forward, step back on right, step left next to right

REPEAT
