

# Follow

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Dianne Borg (AUS) - April 2022

Musik: Following the Sun - SUPER-Hi & Neeka



## #16 count Intro

Restarts: One restart on Wall 10 after 8 counts

### Section 1: Right Foot Point Front, Point Side, Coaster. Left Foot Point Front, Point Side, Coaster.

- 1,2 Point right toe to front, point right toe to right side
- 3&4 Step RF back, Step LF next to RF, Step RF forward
- 5,6 Point left toe to front, Point Toe to left side
- 7&8 Step LF back, Step RF next to LF, Step LF forward\*

\* Restart point on Wall 10 after 8 counts

### Section 2: Rock Right Forward, Recover, Triple Step Half, Rock Left Forward, Recover, Triple Step 1/4

- 1,2 Step RF forward, Recover weight back on the LF
- 3&4 Step RF 1/4 to the right (3 o'clock), Step together LF, Step RF 1/4 Right (6 o'clock)
- 5,6. Step forward on LF, Recover weight back onto RF
- 7&8 Step LF 1/4 to the left (3 o'clock), Step RF next to LF, Step LF in place to take weight

### Section 3: Cross Point, Cross Point, Sway Hips Diagonally Forward and Back, Sway Hips Diagonally Forward and Back

- 1,2 Cross RF in front of LF and take weight, Point left toe to left side and slightly forward
- 3,4 Cross LF in front of RF and take weight, Point right toe to right side and slightly forward
- 5,6 Step RF forward slightly and take weight to sway r hip forward. Sway back on LF
- 7,8 Sway R Hip forward again, Sway left hip back.

### Section 4: Right Cross, Back, Chasse Right, Left Cross, Back, Chasse Left

- 1,2 Cross the RF in front of the LF, Step LF slightly back
- 3&4 Step RF to the right side, Step LF next to RF, Step RF to right side
- 5,6 Cross LF in front of RF, Step RF slightly back
- 7&8 Step LF to the left side, Step RF next to LF, Step LF to left side

Ends at front after count 3 forward point side point touch

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