

# Follow Me Warm-Up - Number Three

**COPPER** **KNOB**  
BY STEPHEN METZ

**Count:** 32

**Wand:** 1

**Ebene:** Senior / Beginner

**Choreograf/in:** Sandy Kerrigan (AUS) - February 2025

**Musik:** Feelings - Vigon Bamy Jay

oder: Tea for Two - Della Reese

oder: Land of Enchantment - Michael Martin Murphey

oder: California Dreamin - Freischwimmer

oder: Any suitable Cha Cha - Warm-up Music



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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**

5 6 7 & 8      Rock Back on R, Replace Fwd to L, Together R, Together L, Together R

1 2 3 4      Step L to L, Step R Behind L, Step L to L, Cross R over L

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

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

1 2 3 4      Step R to R, Step L Behind R, Step R to R, Cross L over R

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

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

1 2 3 & 4      Rock L to L Side, Rock R to R Side, Together L, Together R, Together L

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

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 - 5 Feb 2025**

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