

Follow This

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Bill McGee (USA) & Lindy Bowers (USA)

Musik: Follow Me - Uncle Kracker



&, STEP, BEHIND, &, STEP, BEHIND, ROCK STEP, ROCK STEP

- &1-2 Step left slightly back, step right forward on 45, step left behind right
- &3-4 Step right next to left, step left forward on 45, step right behind left
- &5-6 Step left next to right, rock step forward on right, recover in place on left
- 7-8 Rock step back on right, recover in place on left

Option for count 5-8

- 5-6 Skate right, skate left
- 7-8 Skate right, skate left

ROCK STEP, STEP LOCK STEP, TOUCH TURN, STEP TURN

- 1-2 Rock step forward on right, recover in place on left
- 3&4 Step back on right, lock step left over right, step back on right
- 5-6 Touch left toe straight back, turn ½ turn left shifting weight to left foot
- 7-8 Step forward on right, turn ½ turn right shifting weight back to left

RIGHT, BEHIND, &, CROSS, STEP, & CROSS, TURN, STEP, LOCK, STEP

- 1-2 Step right to right, step left behind right
- &3-4 Step right in place and slightly back, cross step left over right, step right to right side
- &5-6 Step left in place and slightly back, cross step right over left, step left on left foot turning ¾ turn right hooking right foot over left shin
- 7&8 Step forward on right, lock step left up behind right, step forward on right

STEP, TURN, TURN, TURN, STEP, LOCK, STEP, MAMBO, TOUCH

- 1-2 Step forward on left, turn ½ turn right shifting weight to right
- 3-4 Stepping forward on left and turn ½ turn right, turn ½ turn right and step forward on right
- 5&6 Step forward on left, lock step right up behind left, step forward on left
- 7&8 Rock forward on right, recover in place on left, step right next to left

REPEAT
