

F.O.M.O

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Kelly Cavallaro (USA) - May 2023

Music: Fear of Missing Out (F.O.M.O) - Alex Smith



Dance start 32 counts in after music start (roughly to 14 second mark)

[1 - 8] SHUFFLE R, ROCK RECOVER, SHUFFLE L WITH 1/4 TURN, ROCK RECOVER

1&2,3,4 Shuffle R,L,R to R , rock L back, recover on R

5&6,7,8 Shuffle L,R,L to L while making a 1/4 turn to R (3:00), rock R back, recover on L (3:00)

[9 - 16] STEP POINT X2, TOUCH FORWARD, TOUCH SIDE, TURNING SAILOR

1,2,3,4 Step R forward, touch L out to L, step L forward, touch R out to R

5,6,7&8 Touch R forward, touch R to R, sailor step R,L,R making a 1/4 turn to R (6:00)

[17 - 24] KICK FORWARD, KICK BACK, 1/2 TURN HITCH, STEP, SHUFFLE FORWARD X2

1,2,3,4 Kick L forward, kick L back, hitch L while making 1/2 turn to L, step on L (12:00)

5&6,7&8 Shuffle forward R,L,R, shuffle forward L,R,L (12:00)

[25 - 32] ROCK RECOVER, 1 1/2 TURN, KICK X2

1,2 Rock R forward, recover on L

3,4,5,6 Step R making 1/2 turn to R, step L making 1/2 turn to R, step R making 1/2 turn to R, step L (6:00)

7,8 Kick R forward twice (6:00)

[33 - 40] STEP, SLIDE, HEEL BOUNCES X2, SHUFFLE FORWARD X2

1,2,3,4 Step R back making 1/8 turn to R (7:30), slide L to R, bounce heels x2 (weight ends on L) (7:30)

5&6,7&8 Shuffle forward R,L,R, shuffle forward L,R,L (7:30)

[41 - 48] 1/2 TURN PIVOT, SHUFFLE W/ 1/2 TURN, ROCK RECOVER, SHUFFLE FORWARD

1,2 Step forward R, make 1/2 turn over L shoulder stepping on L (1:30)

3&4 Shuffle forward R,L,R while making a 1/2 turn to L over L shoulder (7:30)

5,6,7&8 Rock L back, recover forward on R, shuffle forward L,R,L

(Make 1/8 turn to L squaring up to restart the dance)

Tags AFTER WALL 1 AND WALL 4

1,2,3,4 Jazz box (Cross R over L, step L back, step R to R, step L forward)

(Will be facing 6:00 for the first tag and 12:00 for the second)

Last Update - 18 June 2023