

# Follow This

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Bill McGee (USA) & Lindy Bowers (USA)

Music: 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  $\frac{1}{2}$  turn left shifting weight to left foot
- 7-8 Step forward on right, turn  $\frac{1}{2}$  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  $\frac{3}{4}$  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  $\frac{1}{2}$  turn right shifting weight to right
- 3-4 Stepping forward on left and turn  $\frac{1}{2}$  turn right, turn  $\frac{1}{2}$  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**

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