

# Follow Me Warm-Up - Number Six

**Compte:** 32

**Mur:** 1

**Niveau:** Senior / Beginner

**Chorégraphe:** Sandy Kerrigan (AUS) - February 2025

**Musique:** Somethin' Stupid - Robbie Williams & Nicole Kidman

ou: Blowin' Smoke - Teddy Swims

ou: Angelina - Lou Bega

ou: Any suitable - Warm-up Music



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**Dance Info:** 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 to medium tempo, and never have any restarts or tags. Just follow!  
Suitable for split floors, and the beginner dancer.

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

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

5 6 7 & 8 Rock R to R Side, Rep to L, Cross R over L, Small L to L Side, Cross R over L

## **Step Side, Together, Step Side, Together, L Side Shuffle, Back Rock Step**12:00

1 2 3 4 Step L to L, Step R next to L, Step L to L, Step R next to L,

5 & 6 7 8 Step L to L, Step R next to L, Step L to L, Rock Back R, Replace Fwd L

## **Cross, Point, Cross, Point, R Jazz Box**12:00

1 2 3 4 Cross R over L, Point L to L Side, Cross L over R, Point R to R Side

5 6 7 8 Cross R over L, Step Back on L, Step R to R Side, Step L over R

## **Step Side, Together, R Side Shuffle, Rock Back, Step Side, Tap Together** 12:00

1 2 3 & 4 Step R to R, Step L next to R, Step R next to L, Step L next to R, Step R to R Side

5 6 7 8 Rock Back L, Replace to R, Step L to L Side, Tap R next to L

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**Note:** This dance is also a 4 Wall dance: Turn the Jazz Box ¼ R.

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