

Nah Follow Dem

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: BGC (INA) - February 2025

Musique: Nah Follow Dem - Sean Paul



NO TAG NO RESTART. Dance start approx 0:20 (intro = 32 count)

S1. R CROSS TOUCH- R SIDE TOUCH – CROSS SAMBA – L CROSS TOUCH – L SIDE TOUCH - CROSS SHUFFLE

- 1-2 Touch R toe cross over LF(1), touch R toe to right side (2)
- 3&4 Cross RF over LF (3), Step LF to side(&), recover on RF (4)
- 5-6 Touch L toe cross over RF (5), touch L toe to left side (6)
- 7&8 Cross LF over RF (7), step RF to side (&), cross LF over RF(8)

S2. R,L SIDE MAMBO – R,L STATIONARY SAMBA WALK

- 1&2 Step RF to side (1), recover on LF (&), close RF next to LF (2)
- 3&4 Step LF to side (3), recover on RF (&), close LF next to RF (4)
- 5&6 Step RF back (5), Ball LF in place (&), Close RF beside LF (6)
- 7&8 Step LF back (7), Ball RF in place (&), Close LF beside RF(8)

S3. STEP FWD – LOCK - FWD LOCK SHUFFLE – TURN ¼ L STEP FWD WITH BODY MOVE – LOCK - FWD LOCK SHUFFLE

- 1-2 Step LF fwd (1), lock LF behind RF (2)
- 3&4 Step Rf fwd (3), lock LF behind RF (&), step Rf fwd (4)
- 5-6 Turn ¼ to L with body wave Step LF fwd (5), lock RF behind LF (6)
- 7&8 Step LF fwd (7), lock RF behind LF (&), step LF fwd (8)

S4. R SKATE – R DIAGONAL LOCK SHUFFLE – L SKATE – L DIAGONAL LOCK SHUFFLE

- 1-2 Skate RF to R diagonally fwd (1), skate LF to L diagonally (2)
 - 3&4 Step RF to R diagonally fwd (3), lock LF behind RF (&), step RF fwd (4)
 - 5-6 Skate LF to L diagonally fwd (5), skate RF to R diagonally (6)
 - 7&8 Step LF to L diagonally fwd (7), lock RF behind LF (&), step LF fwd (8)
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