

# Follow Me Warm-Up - Number Seven

**COPPER** KNOB  
BY SHEETS

**Compte:** 32

**Mur:** 1

**Niveau:** Senior / Beginner

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

**Musique:** Cold Heart (PNAU Remix) - Elton John & Dua Lipa

ou: Love Is - Rod Stewart

ou: Haven't Met You Yet - Michael Buble



**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, no restarts or tags.

Just follow!

Suitable for split floors, and the beginner dancer.

## Step Side, Tap, Step Side, Tap, R V-Step 12:00

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

5 6 Step Out Fwd R to R 45°, Step L to L Facing L45°,

7 8 Step R Back to Centre, Step L next to R

## Step Back, Tap, Step Fwd, Tap, Walk Fwd R, Fwd L, Fwd R, Kick L Fwd 12:00

1 2 3 4 Step Back R, Tap L next to R, Step Fwd L, Tap R

5 6 7 8 Walk Fwd R, Fwd L, Fwd R, Kick L Fwd

## Walk Back L, Back R, Back L, Tap R, Tap Side, Tap Together, Step Side, Together 12:00

1 2 3 4 Walk Back L, Back R, Back L, Tap R next to L

5 6 Tap R Toes to R Side, Tap R Toes next to L

7 8 Step R to R Side, Step L next to R

## R Modified Box, Step Side, Step Together 12:00

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

5 6 7 8 Step Back L, Hold, Step R to R, Step L next to R

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**Note:** Add finger clicks on the taps