

Follow Me Warm-Up - Number Nine

COPPER KNOB
STEPSHETS

Compte: 48

Mur: 1

Niveau: Senior / Beginner

Chorégraphe: Sandy Kerrigan (AUS) - April 2025

Musique: Bailando Bachata - Chayanne

ou: Bachata (feat. Cristobal) - Kay One

ou: No Digas Que Te Vas - Principes De La Bachata

ou: Any Suitable Music - Warm-up Music



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.

Suitable for split floors, and the beginner dancer.

R Side Mambo, Hold, L Side Mambo, Hold 12:00

1 2 3 4 Rock R to R Side, Rock L to L Side, Step R next to L, Hold

5 6 7 8 Rock L to L Side, Rock R to R Side, Step L next to R, Hold

R Fwd Mambo, Hold, L Back Mambo, Hold 12:00

1 2 3 4 Rock Fwd R, Replace Back to L, Step Back R, Hold

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

Walking Fwd-R, L, R, Hitch L Across, Walk Back-L, R, L, Hitch R Across 12:00

1 2 3 4 Walking Fwd-R, L, R, Hitch L-across your body

5 6 7 8 Walk Back-L, R, L, Hitch R-across your body

Step Side, Together, Side, Tap, Step, Tap, Step, Tap 12:00

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

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

Step Side, Together, Side, Tap, Step, Tap, Step, Tap 12:00

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

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

R Rumba Box, Kick Across 12:00

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

5 6 7 8 Step L to L Side, Step R next to L, Step Back L, Kick R Across L

48

Note: When dancing Section 4 & 5: Swing your hips on the taps.