

Forget Me Not

Compte: 40

Mur: 4

Niveau: Intermediate

Chorégraphe: Gloria Johnson (USA)

Musique: I've Forgotten How You Feel - Sonya Isaacs



HEEL SWITCHES, LONG BACK STEP

- 1-2 Tap right heel forward; step right beside left
- 3-4 Tap left heel forward; step left beside right
- 5& Tap right heel forward; step right beside left
- 6& Tap left heel forward; step left beside right
- 7-8 Step right a long step back; drag left to right

TURNING SHUFFLES, HEEL SWITCHES

- 9&10 Step left forward; step right together; step left forward
- & Turn ½ left on left
- 11&12 Step right back; step left together; step right back
- 13-14 Tap left heel forward; step left beside right
- 15-16 Tap right heel forward; step right beside left

HEEL SWITCHES, LONG BACK STEP, HIP CIRCLES

- 17& Tap left forward; step left beside right
- 18& Tap right forward; step right beside left
- 19-20 Step left a long step back; drag right to left
- 21-24 Rotate hips to the left for 4 counts

SIDE TOUCHES WITH CROSS STEPS, SLOW MONTEREY

- 25-26 Touch right toe to right side; cross-step right over left
- 27-28 Touch left toe to left side; cross-step left over right
- 29-30 Touch right toe to right side; spin ½ turn right on left switching weight to right
- 31-32 Touch left toe to left side; pivot ¼ turn left onto left

BACKWARD SHUFFLES, SPINS, LONG BACK STEP

- 33&34 Step right back; step left together; step right back
- 35&36 Step left back; step right together; step left back
- 37-38 Turning ½ left, step back on right; turning ½ left, step on left
- 39-40 Step right back a long step; dragging left, step left beside right (weight to left)

REPEAT
