

Forget-Me-Not

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Pat Stott (UK) - October 2017
音乐: There's No Getting' Over Me - Ronnie Milsap



Intro: 16 counts (12 seconds)

Alt. Music: No Getting Over me by Ronnie Milsap (feat Kacey Musgraves) from the album "The Duets"

S1: Walk, walk, shuffle forward, 1/2 pivot, shuffle forward

1-2 Walk forward - right, left
3&4 Forward on right, close left to right, forward on right
5-6 Step forward on left, 1/2 turn right transferring weight to right
7&8 Step forward on left, close right to left, forward on left

*Restart here during wall 4

S2: Side, together, chasse right, cross, recover, chasse 1/4 turn left

1-2 Step right to right, close left to right
3&4 Right to right, close left to right, right to right
5-6 Cross left over right, recover on right
7&8 Step left to left, close right to left, turn 1/4 left stepping forward on left

S3: Step forward, turn 1/2 left & hook left in front of right, step down on left, 1/2 turn right touching right toe slightly forward, step on right, 1/2 turn left & hook left in front of right, lock step forward

1-2 Step forward on right, 1/2 turn left with weight on right & hook left in front of right
3-4 Step down on left, 1/2 turn right with weight on left, touch right toe slightly forward
5-6 Step down on right, 1/2 turn left with weight on right & hook left in front of right
7&8 Step forward on left, cross right behind left, forward on left

S4: Step forward, 1/4 pivot left, cross shuffle, 1/4 right, spiral 1/2 right, shuffle forward

1-2 Step forward on right, turn 1/4 left transferring weight to left
3&4 Cross right over left, left to left, cross right over left
5 Turn 1/4 right stepping back on left
6 Turning 1/2 right on left foot & let the right foot drape in front of left leg

Extra style let right toe slightly touch the floor as you turn

7&8 Step forward on right, close left to right, forward on right

S5: Rock forward, recover, 2 locks steps back, reverse 1/2 pivot

1-2 Rock forward on left, recover on right
3&4 Back on left, cross right over left, back on left
5&6 Back on right, cross left over right, back on right
7-8 Left toe back, turn 1/2 left transferring weight to left

S6: Cross, recover, side, cross, recover, side, cross, recover, 1/2 sailor cross

1-2& Cross right over left, recover on left, step right to right
3-4& Cross left over right, recover on right, left to left
5-6 Cross right over left, recover on left
7&8 Sweep right foot from front to back stepping onto right, 1/2 turn right stepping left slightly to left, Cross right over left

S7: Sway left, sway right, sway left, sway right, behind, side, cross shuffle

1-2 Step left to left & Sway hips left to left, sway hips to right
3-4 Sway hips to left, sway hips to right

5-6 Cross left behind right, right to right
7&8 Cross left over right, right to right, cross left over right

S8: Step, touch, kick ball cross, step, touch, kick ball forward

1-2 Step right to right, turn body to left diagonal & touch left next to right
3&4 Kick left forward to left diagonal, step on ball on left, cross right over left
5-6 Squaring up to 3 o'clock step left to left, touch right toe beside left
7&8 kick right forward, Step down on ball of right, step forward on left

***Restart after 8 counts of wall 4**

End: The music fades during section 5, after the lock steps back, reverse turn 3/4 left to face the front and step right to right.

Optional added style on the hip sways in section 7

1-4 Make a small figure 8 with the hips

Last Update - 24th Oct. 2017
