

# How To Forget

拍数: 64                      墙数: 2                      级数: Low Intermediate  
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音乐: How to Forget - Jason Isbell



## Intro 16 counts

Tip: For sections 1 to 4, you always turn right, except for count 5, sections 2 and 4 where you turn left.

### SCT 1: Cross, Back, 1/4 Chassé forward, Step Pivot 1/2, Chassé forward

1 – 2                      Cross RF over LF, Step LF back  
3 & 4                      1/4 turn right stepping RF fwd, Step LF next to RF, Step RF fwd [3:00]  
5 – 6                      Step LF fwd, 1/2 turn right [9:00]  
7 & 8                      Step LF fwd, Step RF next to LF, Step LF fwd

### SCT 2: Side Chassé, 1/2 turn Side Chassé, 1/4 turn Side Chassé, 1/2 turn Side Chassé

1 & 2                      Step RF to the right side, Step LF next to RF, Step RF to the right side  
3 & 4                      1/2 turn right stepping LF to the left side, Step RF next to LF, Step LF to the left side [3:00]  
5 & 6                      1/4 turn left stepping RF to the right side, Step LF next to RF, Step RF to the right side  
                                 [12:00]  
7 & 8                      1/2 turn right stepping LF to the left side, Step RF next to LF, Step LF to the left side [6:00]

### SCT 3 = SCT1

(starts facing 6:00, ends facing 3:00) [ 3:00]

### SCT 4 = SCT 2

(starts facing 3:00, ends facing 12:00) [12:00]

### SCT 5: Cross Rock, 1/4 Turn Side, Cross, Side, Cross Back Rock, Side

1 – 2                      Cross RF over LF, Recover on LF  
3 – 4                      1/4 turn right stepping RF to the right side, Cross LF over RF [3:00]  
5 – 6                      Step RF to the right side, Rock LF behind RF  
7 – 8                      Recover on RF, Step LF to the left side

### SCT 6: Cross Rock Back, 1/4 Turn Side, Behind, Side, Cross Rock, Side

1 – 2                      Cross RF behind LF, Recover on LF  
3 – 4                      1/4 turn left stepping RF to the right side, Cross LF behind RF [12:00]  
5 – 6                      Step RF to the right side, Rock LF over RF  
7 – 8                      Recover on RF, Step LF to the left side

### SCT 7: Step x2, Step Pivot 1/2, 1/2 Back, Slow Coaster step

1 – 2                      Step RF forward, Step LF forward  
3 – 4                      Step RF forward, 1/2 turn left stepping LF forward [6:00]  
5 – 6                      1/2 turn left stepping RF backward, step LF back [12:00]  
7 – 8                      Step RF next to LF, Step RF forward

### SCT 8: Rock Forward, Chassé 1/2, Step, Touch, Kick-Ball-Step

1 – 2                      Rock RF forward, Recover on LF  
3 & 4                      1/4 turn right stepping RF to the right side, LF next to RF, 1/4 turn right stepping RF forward  
                                 [6:00]  
5 – 6                      Step LF forward, Touch RF next to LF  
7 & 8                      Kick RF, Step RF next to LF, Step LF forward

**TAG: END OF WALL 3 facing [6:00]**

**TAG: K-Step**

- 1 – 2            Step RF to the right front diagonal, Touch LF next to RF
- 3 – 4            Step LF to the left back diagonal, Touch RF next to LF
- 5 – 6            Step RF to the right back diagonal, Touch LF next to RF
- 7 – 8            Step LF to the left front diagonal, Touch RF next to LF

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