

Follow Me

拍数: 48 墙数: 2 级数: Improver
编舞者: Eun Mi Lim (KOR) - April 2021
音乐: Follow Me (따라따라와) - Kim Hee Jae (김희재)



Sequence: 48, Tag1 (4C), / 32, 32 / 48, Tag2 (8C) / 32, 32 / 32, Ending

Intro: #32counts (approx. 17ecs)

Sec 1: Walk Back (R-L), Anchor Step, Walk Back (L-R), Coaster Step

1-2 Step back on R, Step back on L (Rolling shoulder from forward to back R, L)
3&4 Rock R behind L, Recover on L, Step back on R
5-6 Step back on L, Step back on R (Rolling shoulder from forward to back L, R)
7&8 Step L back, Step R next to L, Step L forward

Sec 2: Cross, 1/4Turn R & Back, Chasse 1/4Turn R, 1/4Turn L & Forward, Touch-Back (R-L), Touch

1-2 Cross R over L, 1/4turn R stepping L back (3:00)
3&4 Make 1/4turn R stepping R to right side (6:00), Step L next to R, Step R to right side
5-6& Make 1/4turn L stepping L forward (3:00), Touch R toe forward, Step back on R
7&8 Touch L toe forward, Step back on L, Touch R toe forward

Sec 3: Vine, Kick, Side, Touch, Knee Pops

1-2 Step R to right side, Cross L behind R
3-4 Step R to right side, Kick L across R
5-6 Step L to left side, Touch R toe beside L
7-8 Pop L knee across R with R heel drop, Pop R knee across L with L heel drop

Sec 4: Cross, Side, Cross Shuffle, Side, 1/4Turn R & Forward, Forward, Touch

1-2 Cross R over L, Step L to left side
3&4 Cross R over L, Step L to left side, Cross R over L
5-6 Step L to left side, 1/4turn R stepping R forward (6:00)
7-8 Step L forward, Touch R toe forward

*Restarts: During wall 2,3,5 & 6

Sec 5: Hitch-Diagonal Back (R-L), Side, Touch, Side, Touch

1-2 Hitch R forward, Step back diagonal to right
3-4 Hitch L forward, Step back diagonal to left
5-6 Step R to right side, Touch L toe to left side and look back left shoulder side
7-8 Step L to left side, Touch R toe to right side and look back right shoulder side

Sec 6: Back Rock, Walk Forward (R-L), Kick-Ball-Point, Hip Bumps, Together

1-2 Rock back on R, Recover on L
3-4 Walk forward on R, Walk forward on L
5&6 Kick R forward, Ball step R beside L, Point L toe forward
7-8& Bump hip to forward, Bump hip to back, Step L next to R

*Restarts: During wall 2, 3, 5 & wall 6, restart the dance after count 32

*Tag1 (4C): Side Rock & Hip Bumps

1-2 Rock R to right side with bump hip to right, Recover on L with bump hip to left
3-4 Rock R to right side with bump hip to right, Recover on L with bump hip to left

*Tag2 (8C): Side & Hip Sway (R-L), Paddle 1/2Turn L

1-2 Step R to right side with sway hip right for 2counts
3-4 Sway hip left for 2counts (ends weight onto L)
5-6-7-8 Touch R to right diagonally turning 1/8turn L. X4

Enjoy Dancing Always~!

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