

Follow

拍数: 16 墙数: 4 级数: Beginner
编舞者: Bruno Penet (FR) - September 2022
音乐: Follow - William Beckmann : (CD : Faded Memories)



SECT 1 : SIDE ROCK, ROCK BACK, SIDE ROCK, CROSS SHUFFLE

1-2 Step Right to right side, recover weight on Left
3-4 Step Right back, recover weight on Left
5-6 Step Right to right side, recover on Left
7&8 Cross Right over Left, step Left on left side, cross Right over Left

SECT 2 : SIDE ROCK With ¼ TURN R, SHUFFLE FWD, FULL TURN FWD, KICK BALL STEP

1-2 Step Left to left side, ¼ turn right & recover weight on Right (3:00)
3&4 Step Left forward, step Right beside Left, step Left forward
5-6 ½ turn left & step Right back (9:00), ½ turn left & step Left forward (3:00)

Option : Step Right forward, step Left forward

7&8 Kick Right forward, step Right together, step Left forward

REPEAT

TAG 1 After the 2th & the 4th wall, add the steps :

ROCK FWD, TOE STRUT BACK, ROCK BACK, HEEL STRUT FWD

1-2 Step Right forward, recover weight on Left
3-4 Touch Right Toe back, drop Right Heel
5-6 Step Left back, recover weight on Right
7-8 Touch Left Heel forward, drop Left Toe

PIVOT TURN L X2, [STEP SIDE, TOUCH] R & L

1-2 Step Right forward, ½ turn left & recover weight on Left
3-4 Step Right forward, ½ turn left & recover weight on Left
5-6 Step Right to right side, touch Left Toe beside Right
7-8 Step Left to left side, touch Right Toe beside Left

TAG 2 After the 11th Wall, add the steps :

STOMP, HOLD X3

1 Stomp Right beside Left (slightly on the side)
2-3-4 Hold on the 3 times

FINAL: 16th Wall, after the 4th Count of the 2th section, add the steps :

STOMP FWD

1 Stomp Right forward

Bruno Penet ("Challenge Boy") – CRAZY DANCERS OF COUNTRY MUSIC

Site : <http://challengeboy.free.fr/>

Last Update: 15 Sep 2023