

# Forget You

COPPER KNOB  
BY SHEETS

拍数: 64      墙数: 4      级数: Low Intermediate  
编舞者: Dawna St. Pierre (USA) - February 2023  
音乐: Forget You - CeeLo Green



Count In: Dance begins after 16 counts

Notes: No tags or restarts

**(1-8) Walk back R, touch L back, 1/4 Pivot L foot, R swivel heel, toes, heel, toes**

1,2            1) Walk back R, 2) touch L back  
3,4            3) L foot 1/4 pivot L (facing 9:00 o'clock) 4) Hold  
5,6,7,8       5) Swivel R heel toward L 6) Swivel R toes towards L 7) Swivel R heel toward L 8)  
Swivel R toes towards L

**(9-16) R foot Flick diagonally across L, unwind, R side rock recover, R cross over L, triple step.**

1,2            1) Flick R foot diagonally 2) Cross R over L  
3,4            2 counts to unwind (ending with L over R)  
5,6            5) R rock to R side 6) recover on L (weight on L)  
7& 8          7) Cross R over L &) L step out 8) Cross R over L

**(17-24) 1/4 turn, L forward Rock recover, Jump change R heel, L heel, R heel, swivel R heel out and in**

1,2            1) 1/4 turn (facing 9:00 o'clock) L forward rock 2) recover on R  
&3, 4          ( &) L next to right, (3) R heel forward, (4) Hold  
&5,& 6        (&) R next to Left, (5) L heel forward, ( &) L next to Right (6) R heel forward  
7,8            (7) R heel swivel out (8) R heel swivel in

**(25-32) R Sailor step to L side, Weave to R, syncopated weave to R**

1, 2, 3        (1) R behind L 2) L step to L side 3) R step to R side  
4,5, 6        (4) L cross behind R, (5) R step out (6) L cross over R  
&7, &8        (&) R step out (7) L cross behind R (&) R step out (8) L cross over R

**(33-40) R Rhonde sweep diagonally, turning jazz box, R step 1/4 pivot toward L with hip roll**

1,2            Sweep R from back to front on the diagonal (for 2 counts facing 1:00 o'clock)  
3,4            (3) Cross R over Left 1/8 (facing 3:00 o'clock), (4) L step back  
5,6            (5) R step next to L (6) L step forward  
7, &8          7) R step forward, &8) R 1/4 pivot toward L (facing 12:00 o'clock) while rolling hip counter  
clockwise

**(41-48) R step forward 1/4 pivot toward L (facing 9:00 o'clock), hip roll, R cross Left pop heels while snapping both hands, L step pop heels while snapping, R cross L pop heels while snapping**

1, & 2        1) R step forward, &2) 1/4 pivot toward L (facing 9:00 o'clock) while rolling hips counter  
clockwise  
3,& 4        (3) R cross over L (4) pop both heels while leaning forward and snapping both hands  
5&, 6        (5) L step side (6) pop both heels while leaning forward and snapping both hands  
7,&8        (7) R cross over L (8) pop both heels while leaning forward and snapping both hands

**(49-56) L step 1/4 turn (facing 12:00 o'clock) rock forward recover, L coaster step, R 1/2 pivot toward Left, R 1/2 pivot toward Left**

1,2            1) L step forward 1/4 turn (facing 12:00 o'clock) 2) recover R back  
3,& 4        3) L step back &) R back next to L 4) L step forward  
5,6            5) R step forward 6) 1/2 pivot toward L (facing 6:00 o'clock)  
7,8            7) R step forward 8) 1/2 pivot toward L (facing 12:00 o'clock)

**(57-64) R step side, Figure 8 toward right, L step side, R cross behind L, L step side, R step next to L**

1,2 (1) R step side, (2) L step behind R

3,4 (3) R step  $\frac{1}{4}$  (facing 3:00 o'clock) (4) L step forward

5,6 (5)  $\frac{1}{2}$  pivot toward R (6) L step side (facing 12:00 o'clock)

7,8 (7) R cross behind L (8) L step side

**Last Update: 9 Jun 2023**

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