

Forget You

拍数: 64 墙数: 4 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - May 2023
音乐: Forget You - FAST BOY & Topic : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information.

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(Intro: 16 counts)

[S1] Side Rock, Behind-1/4L-Step-Pivot 1/2L-1/4L w/ Dip-Kick, Behind Rock

1 2 Rock R to the side, Replace weight on L
3&4& Step R behind L, Make a ¼ turn left stepping forward on L (9:00), Step forward on R, Make a ½ turn left recover weight on L (3:00)
5 6 Make a ¼ turn left stepping R to the side / dip down slightly (12:00), Kick L diagonally forward
7 8 Rock L behind R, Replace weight on R

[S2] Side Rock, Behind-1/4R-Step-Pivot 1/2R-1/4R, 1/4R, Behind Rock

1 2 Rock L to the side, Replace weight on R
3&4& Step L behind R, Make a ¼ turn right stepping forward on R (3:00), Step forward on L, Make a ½ turn right recover weight on R (9:00)
5 6 Make a ¼ turn right stepping L to the side (12:00), Weight on both feet making a ¼ turn right (twist both heels to the right facing 3:00)
7 8 Rock R behind L, Replace weight on L

-Restart here on Wall 4 (12:00)

[S3] R Corner Fwd Rock, Behind-Side-Cross-L Corner Fwd Rock, Behind, 1/4R, Side

1 2 Facing 4:30- Rock forward on R, Replace weight on L -square up to 3:00
3&4 Step R behind L, Step L to the side, Cross R over L
&5 Facing 1:30- Rock forward on L, Replace weight on R -square up to 3:00
6 7 8 Step L behind R, Make a ¼ turn right stepping forward on R (6:00), Step L to the side

[S4] Slow Sailor into Side Rock-Fwd-Fwd Rock, Side Rock, Behind-

1 2 3 Step R behind L, Step L to the side, Step/rock R to the side
&4&5 Replace weight on L, Step forward on R, Rock forward on L, Replace weight on R
6 7 8 Rock L to the side, Replace weight on R, Step L behind R

[S5] -1/4R Shuffle Fwd, Paddle Turn 1/4R-Cross Shuffle, Side Rock, Cross

1&2 - Making a ¼ turn right shuffle forward on R-L-R (9:00)
3& Step forward on L, Make a ¼ turn right recover weight on R (12:00)
4&5 Cross L over R, Step R close to L, Cross L over R
6 7 8 Rock R to the side, Replace weight on L, Cross R over L

[S6] 1/4L Shuffle Fwd, Chase Turn 1/2L-Shift Shuffle, Back Rock-1/2R

1&2 - Making a ¼ turn left shuffle forward on L-R-L (9:00)
3& Step forward on R, Make a ½ turn left recover weight on L (3:00)
4&5 Side shuffle to the right on R-L-R
6 7 8 Rock back on L, Replace weight on R, Make a ½ turn right stepping back on L (9:00)

[S7] Back Rock, Chase Turn 1/2L-Fwd Coaster into Back Rock, Step-Pivot 3/4L-

1 2 Rock back on R, Replace weight on L
3&4& Step forward on R, Make a ½ turn left recover weight on L (3:00), Step forward on R, Step L next to R
5 6 Rock back on R, Replace weight on L

7 8 Step forward on R, Make a $\frac{3}{4}$ turn left recover weight on L (6:00)

[S8] -Point, Hold-&, Point-&-Point-&, Double Heel-&, Heel, Flick 1/4L

1 2& Point R to the side, Hold, Step R next to L

3&4& Point L to the side, Step L next to R, Point R to the side, Step R next to L

5 6& Touch forward on L heel twice (5 6), Step L next to R

7 8 Touch forward on R heel, Make a $\frac{1}{4}$ turn left on L foot/flick back on R (3:00)

Tag; At End of Wall 2 (6:00)– Side Rock, Back Rock

1 2 3 4 Rock R to the side, Replace weight on L, Rock back on R, Replace weight on L

Restart on Wall 4 Count 16 (12:00)

Ending suggestion: The last Wall starts facing 3:00. Dance up to count 16 (6:00).

Make a $\frac{1}{2}$ pencil turn left on ball of L foot, stepping forward on R (12:00)

(updated: 24/May/23)
