

Follow Me Warm-Up - Number Eight

COPPER KNOB
STEPPERS

拍数: 32 墙数: 1 级数: Senior / Beginner
编舞者: Sandy Kerrigan (AUS) - March 2025
音乐: Put On the Brakes - Ricky Lynn Gregg
 或: Natural Born Thriller - Greg Hanna
 或: Alright Already - Ricky Lynn Gregg



Dance Info: There are no tags or restarts in the warm-up – just follow the leader.
The warm-up was thought up for fun, and thinking purposes.
You may instruct from the start! Then let the group fill in the rest, by following.
The dances will be slow to medium tempo, and never have any restarts or tags. Just follow!
Suitable for split floors, and the beginner dancer.

R Side Shuffle, Back Rock Step, L Side Shuffle, Back Rock Step 12:00

1 & 2 3 4 Step R to R Side, Step L Together, Step R to R, Rock Back L, Replace Fwd R
5 & 6 7 8 Step L to L, Step R next to L, Step L to L Side, Rock Back R, Replace Fwd L

Cross, Point, Cross, Point, R Jazz Box (4 Walls: Turn the Jazz Box ¼ R) 12:00

1 2 3 4 Cross R over L, Point L to L Side, Cross L over R, Point R to R Side
5 6 7 8 Cross R over L, Step Back L, Step R to R Side, Step Fwd L

Walk Fwd-R, L, R, Kick L Fwd, Walk Back L, R, L, Tap R Together 12:00

1 2 3 4 Walking Fwd-R, L, R Kick L Fwd
5 6 7 8 Walk Back-L, R, L, Tap R next to L

Step Side, Tap Together, Step Side, Tap Together, Side Hips R, L, Back Rock Step 2:00

1 2 3 4 Step R to R Side, Tap L next to R, Step L to L Side, Tap R next to L
5 6 Sway R Hip to R Side, Sway L Hip to L Side
7 8 Rock Back R, Replace Fwd to L

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Note: 4 Wall Dance: Turn the Jazz Box ¼ R
