

Please Don't Forget Me!

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Terry Mchugh (UK)
音乐: Forget Me Nots - Patrice Rushen



RIGHT KICKBALL CHANGE, POINT RIGHT TO SIDE, HOLD, POINT FRONT, SIDE, CROSS RIGHT OVER LEFT, ½ TURN LEFT

1&2 Kick right forward, step right beside left, step left beside right
3-4 Point right toe to right side, hold for 1 count
5-6 Point right toe to front, point right toe to side
7-8 Cross right over left, swivel ½ turn left on balls of both feet

TAPS BACK & FORWARD ON LEFT, LEFT COASTER STEP, RIGHT SHUFFLE FORWARD

1-2 Tap left foot back, hold for 1 count
3-4 Tap left foot forward, hold for one count
5&6 Step back on left, step right beside left, step forward on left
7&8 Shuffle forward right, left, right

ROCK LEFT, RIGHT, ¼ TURN LEFT, BACK SHUFFLE, ROCK BACK ON RIGHT, RIGHT SHUFFLE FORWARD

1-2 Rock left on to left foot, rock right on to right foot
3&4 Swivel 1-4 turn left on right foot, shuffle back left, right, left
5-6 Step& rock back on right, rock forward on left
7&8 Shuffle forward right, left, right

CROSS RIGHT OVER LEFT, ¼ TURN LEFT 2 CROSS MAMBOS, RIGHT & LEFT

&1-2 Step left behind right, cross right over left, hold for one count
3-4 Swivel ¼ turn left on balls of both feet. Hold for one count
5&6 Cross right over left, step left beside right, step right beside left
7&8 Cross left over right, step right beside left, step left beside right

KICKBALL CHANGE, RIGHT STOMP, CLAP, ¼ TURN RIGHT, ½ TURN LEFT, KICKBALL CHANGE

1&2 Kick forward on right step right beside left, step left beside right
3-4 Stomp forward on right, clap hands
5-6 Step right to right side & swivel ¼ turn right, swivel ½ turn left
7&8 Kick forward on right, step right beside left step left beside right

WALK FORWARD RIGHT, LEFT, ROCK BACK RIGHT & RECOVER, WALK FORWARD LEFT, RIGHT, ROCK BACK LEFT & RECOVER

1-2 Walk forward right, left
3&4 Rock back on right, step left in place, step right beside left
5-6 Walk forward left, right
7&8 Rock on left, step right in place, step left beside right

STEP FORWARD ON RIGHT, SWIVEL ¼ LEFT, RIGHT COASTER STEP, LOCK STEPS FORWARD

1-2 Step forward on right, swivel ¼ turn left
3&4 Step back on right, step left beside right, step forward on right
5&6 Lock steps forward left, right, left
7&8 Lock steps forward right, left, right

¼ MONTEREY LEFT, ROCK FORWARD ON LEFT, LEFT COASTER STEP

1-2 Point left toe to left side, turn ¼ left, bringing left beside right

3-4 Point right toe to right, step right beside left
5-6 Rock forward on left rock back on right
7&8 Step back on left, step right beside left, step forward on left

REPEAT
