

Forget About It!

拍数: 64 墙数: 4 级数: Improver
编舞者: Paula Hise (USA) & Jackie Fritts (USA)
音乐: Smooth (feat. Rob Thomas) - Santana



RIGHT FORWARD LOCK STEP, TOUCH, LEFT FORWARD LOCK STEP, TOUCH

1-4 Step right forward, left behind right, step right forward, touch left
5-8 Step left forward, right behind left, step left forward, touch right

HIP ROLLS WITH "PALMS ON THIGHS", TOUCH STEP, TOUCH STEP

1-4 Step down right & roll hips right, roll hips left, roll hips right, roll hips left
5-8 With feet still apart, touch right, step right, touch left, step left

While doing the touch steps to the right, lean to the left and turn head to right. Then for the touch steps to the left, lean to the right and turn head to the left.

½ MONTEREY TURNS TWICE

1-2 Right point side right, pivot ½ turn right on ball of left as you step right next to left
3-4 Left point side left, left step next to right
5-6 Right point side right, pivot ½ turn right on ball of left as you step right next to left
7-8 Left point side left, left touch next to right

SIDE TRIPLE, ROCK STEP, FORWARD SHUFFLE, ¼ TURN

1&2 Side step left foot to left, right beside left, left step to left
3-4 Rock back on right, recover weight on left
5&6 Right step forward, left step behind right, right step forward
7-8 Step forward left ¼ turn right, step right next to left

CROSS TRIPLE, SIDE TRIPLE, CROSS TRIPLE, ROCK STEP

1&2 Cross left over right, step to right on right foot, cross left over right
3&4 Side step right foot to right, left beside right, right step to right
5&6 Cross left over right, step to right on right foot, cross left over right
7-8 Rock forward on right, recover weight on left

RIGHT SAILOR, LEFT SAILOR, DIAGONAL STEP SLIDE, STEP TOUCH

1&2 Cross right behind left, step ball of left foot side left, change weight to right as you side step right
3&4 Cross left behind right, step ball of right foot side right, change weight to left as you side step left
5-6 Right step forward at slight 45 degree angle right, slide left next to right
7-8 Right step forward at slight 45 degree angle right, left touch next to right

¼ TURN, ¼ TURN, RIGHT MAMBO, LEFT MAMBO

1-2 Left step forward ¼ turn right, step right next to left
3-4 Left step forward ¼ turn right, touch right next to left
5&6 Step right foot to right side, step left foot in place, step right foot beside left
7&8 Step left foot to left side, step right foot in place, step left foot beside right

¼ TURN, ¼ TURN, RIGHT MAMBO, LEFT MAMBO

1-2 Right step forward ¼ turn left, step left next to right
3-4 Right step forward ¼ turn left, step left next to right
5&6 Step right foot to right side, step left foot in place, step right foot beside left
7&8 Step left foot to left side, step right foot in place, step left foot beside right

REPEAT
