

Forget Me Not

COPPERKNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Gloria Johnson (USA)
音乐: I've Forgotten How You Feel - Sonya Isaacs



HEEL SWITCHES, LONG BACK STEP

1-2 Tap right heel forward; step right beside left
3-4 Tap left heel forward; step left beside right
5& Tap right heel forward; step right beside left
6& Tap left heel forward; step left beside right
7-8 Step right a long step back; drag left to right

TURNING SHUFFLES, HEEL SWITCHES

9&10 Step left forward; step right together; step left forward
& Turn ½ left on left
11&12 Step right back; step left together; step right back
13-14 Tap left heel forward; step left beside right
15-16 Tap right heel forward; step right beside left

HEEL SWITCHES, LONG BACK STEP, HIP CIRCLES

17& Tap left forward; step left beside right
18& Tap right forward; step right beside left
19-20 Step left a long step back; drag right to left
21-24 Rotate hips to the left for 4 counts

SIDE TOUCHES WITH CROSS STEPS, SLOW MONTEREY

25-26 Touch right toe to right side; cross-step right over left
27-28 Touch left toe to left side; cross-step left over right
29-30 Touch right toe to right side; spin ½ turn right on left switching weight to right
31-32 Touch left toe to left side; pivot ¼ turn left onto left

BACKWARD SHUFFLES, SPINS, LONG BACK STEP

33&34 Step right back; step left together; step right back
35&36 Step left back; step right together; step left back
37-38 Turning ½ left, step back on right; turning ½ left, step on left
39-40 Step right back a long step; dragging left, step left beside right (weight to left)

REPEAT
