

Forget Me Not

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Adrian Churm (UK)
音乐: The Sha La La Song - Toby Keith



SIDE ROCK, STEP BEHIND TWICE, SIDE ROCK CROSS, SYNCOPATED GRAPEVINE LEFT WITH ¼ TURN

- 1&2 Step right foot to the right side, replace weight onto left foot (turn 45 degrees to right), step right foot behind left
- 3&4 Step left foot to the left side (turning to face front again), replace weight onto right foot (turn 45 degrees to left), step left foot behind right
- 5&6 Step right foot to the right side (turning to face front again), replace weight onto left foot, step right foot across in front of left
- 7&8 Step left foot to the left side, step right behind left, make a ¼ turn left and step forward left

PIVOT TURN AND STEP FORWARD, FULL THREE STEP TURN ON THE SPOT, MAMBO, MODIFIED WEAVE

- 1&2 Step right foot forward, pivot ½ turn to the left (weight ends on left), step right foot forward
- 3&4 Make a full turn on the spot to the right stepping left, right, left
- 5&6 Step right foot back, replace weight onto left foot, small step forward with right (mambo)
- 7&8& Step forward and slightly to the left side with left heel (don't lower the foot), step right foot behind left, step back and slightly to the side on ball off left foot (don't lower the foot), step right foot in front of left

This can all be replaced with a basic syncopated weave to the left

SIDE ROCK CROSS, SYNCOPATED GRAPEVINE RIGHT WITH A ¼ TURN RIGHT, PIVOT TURN AND STEP FORWARD, ¾ TURN LEFT WITH FOOT SWEEP (OR CROSS UNWIND)

- 1&2 Step left foot to the left side, replace weight onto right foot, step left foot across in front of right
- 3&4 Step right foot to the right side, step left foot behind right, make a ¼ turn right and step forward right
- 5&6 Step left foot forward, pivot ½ turn to the right (weight ends on right), step left foot forward
- 7-8 Make a ¾ turn to the left on the ball of the left foot sweeping right foot around finishing touching next to left (or cross right over left making a ¼ left, unwind a ½ turn left, weight ends on left)

WEAVE RIGHT, ROCK CROSS, WEAVE LEFT, ROCK CROSS

- 1&2& Step right foot to right side, step left foot behind right, step right foot to right side, step left foot in front of right
- 3&4 Step right foot to right side, replace weight onto left foot, step right across left
- 5&6& Step left foot to left side, step right behind left, step left foot to left side, step right in front of left
- 7&8 Step left foot to left side, replace weight onto the right foot, step left foot across in front of right

REPEAT