

Follow Me

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Mark A. Smith (AUS)
音乐: Lost In the Shuffle - Michael Peterson



- 1-2 Touch right toe straight forward, touch right toe out to right side
3-4 Pivot ½ turn right on ball of left foot ending weight on right, clap
4-5 Touch left toe straight forward, touch left toe out to left side
7-8 Pivot ½ turn left on ball of right foot ending weight on left, clap
- &9 Jump feet apart in place landing right foot first (right-left)
10 Clap hands
&11 Step left foot in beside right & then touch right toe out to right side
12 Clap hands
&13 Step left foot in beside right & then touch right toe out to right side
&14 Switch to touch left toe out to left side
&15 Switch to touch right toe out to right side
&16 Touch right toe straight forward
- 17 Touch right toe out to right side
18 Pivot ½ turn right ending weight on right foot beside left
19 Touch left toe out to left side
&20 Switch to touch right toe out to right side
&21 Switch to touch left toe out to left side
&22 Switch to touch right toe out to right side
23&24 Shuffle left leading right foot across in front of left (right-left-right)
- 25&26 Shuffle left leading left (left-right-left)
27 Rock backwards onto right foot
28 Rock forward onto left foot
29 Turn a ¼ turn right as you step forward onto right foot
30 Hold
31 Step forward onto left foot
32 Pivot a ½ turn right ending weight on right foot with a clap
33-40 Repeat steps 25 to 32 inclusive
- &41 Jump feet apart leading left foot first
&42 Jump feet together leading left foot first
43&44 Repeat steps &41-&42
45 Step backwards onto right foot
46 Step backwards onto left foot
47 Step backwards onto right foot
&48 Ball change (left-right)
- 49 Step forward onto left foot
50 Step forward onto right foot
51 Pivot ½ turn right on ball of right foot as you scuff your left foot forward thru
52 Tap left toe straight behind
53&54 Shuffle forward leading left (left-right-left)
55 Step forward onto right foot
56 Rock backwards onto left foot

- &57 Jump feet apart leading right (right-left)
- 58 Clap
- &59 Jump feet together leading right (right-left)
- 60 Clap
- &61 Jump feet apart leading right (right-left)
- &62 Jump feet together leading right (right-left)
- &63&64 Repeat steps &61&62

REPEAT
