

Follow Me

COPPERKNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Improver
编舞者: John Jordan (UK)
音乐: Follow Me - Uncle Kracker



WALK RIGHT LEFT AND HEEL AND STEP TWICE

- 1-2 Step forward right foot left foot
&3&4 Step back on right foot, left heel forward on left diagonal, bring left foot back in place, step forward on right foot
5-6 Step forward left foot, right foot
&7&8 Step back on left foot, right heel forward on right diagonal, bring right foot back in place, step forward on left foot

ROCK FORWARD BACK TRIPLE TURN ½ RIGHT TRIPLE TURN ½ RIGHT COASTER STEP

- 1-2 Rock forward onto right foot recover weight back onto left
3&4 Make ½ turn to right stepping right, left, right
5&6 Make ½ turn to right stepping left, right, left
7&8 Step back on right foot, together with left foot and forward onto right

WEAVE FRONT SIDE BEHIND ¼ TURN TO RIGHT STEP ½ TURN AND SHUFFLE

- 1-2-3-4 Step in front and across right foot with left. Step to side with right foot, step behind right foot with left, make ¼ turn right stepping onto right foot
5-6 Step forward onto left foot turn ½ turn to right transferring weight onto right foot
7&8 Shuffle forward left, right, left

WEAVE FRONT SIDE, BEHIND SIDE, CROSS AND SIDE AND CROSS AND TOUCH

- 1-2-3-4 Step in front and across left foot with right, step to side with left foot, step behind left foot with right, step to left side with left foot
5&6& Rock onto right foot across front of left, recover weight onto left foot, step to right side on right foot, recover weight onto left foot rock
7&8 Rock weight across front onto right foot, recover weight onto left foot, touch right foot next to left

REPEAT
