

Follow Me

拍数: 32 墙数: 4 级数: Improver
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音乐: Follow Me - Uncle Kracker



ROCK STEPS AND COASTERS

- 1-2 Rock forward on left foot, recover
- 3&4 Step back on left, step back on right, step forward on left
- 5-6 Rock forward on right foot, recover
- 7&8 Step back on right, step back on left, step forward on right

CROSS, SIDE, SAILOR-STEPS

- 1-2 Cross step left over right, step right foot to side -angle body slightly to left
- 3&4 Step left behind right, right steps to side, left steps to left
- 5-6 Cross step right over left, step left foot to side-angle body slightly to right
- 7&8 Step right behind left, left steps to side, right steps to right

CROSS-STEPS AND SIDE TOUCHES

- 1-2 Cross step left over right, touch right toe to side
- 3-4 Cross step right over left, touch left toe to side
- 5-6 Cross step left over right, touch right toe to side
- 7-8 Cross step right over left, touch left toe to side

WALK BACK, SHUFFLE BACK, *WALK BACK, ¼ TURN RIGHT WITH SIDE SHUFFLE

- 1-2 Walk back left, right
- 3&4 Shuffle back on left (step back on left, step right to left instep, step back on left)
- 5-6 Walk back right, left
- 7&8 Turn ¼ to right while shuffling to right (right, left, right)

For counts 5-6, you may execute a full turn traveling back

- 5 Turn ½ to right as you step on right foot
- 6 Turn ½ to right as you step back on left foot

For this variation, counts 7&8 are danced as described above. Coming out of a full turn into counts 7&8 will make the complete turn for counts 5-8 a total of 1 ¼ turn

REPEAT