

Follow Me

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Roz Morgan (USA)
音乐: Follow Me - Uncle Kracker



ROCK RIGHT, ROCK LEFT, TOUCH, KICK BALL CHANGE, LOCKING SHUFFLE BACK, ½ TURN SHUFFLE

1-2 Rock right on right foot, rock left on left foot
3 Touch right foot next to left foot
4&5 Kick right foot forward, step right foot next to left foot, step left foot in place
6&7 Step back on right foot, step left foot across right foot, step back on right foot
8&1 ½ turn to left as you shuffle left, right, left

TOE TOUCH, SAILOR SHUFFLE INTO ¼ TURN, TOE TOUCH, SAILOR SHUFFLE INTO ½ TURN

2-3 Touch right toes forward, touch right toes to right side
4&5 Make ¼ turn to right as you step right foot behind left foot, step left foot to left side, step right foot to right side
6-7 Touch left toes forward, touch left toes to left side
8&1 Make ½ turn to left as you step left foot behind right foot, step right foot to right side, step left foot to left side

SHUFFLES, ROCK, RECOVER, ½ TURN SHUFFLE

2&3 Shuffle forward right, left, right
4&5 Shuffle forward left, right, left
6-7 Rock forward on right foot, recover on left foot
8&1 Turn ½ right as you shuffle right, left, right

½ TURN SHUFFLE, ROCK BACK, RECOVER, CROSS, SIDE, ROCK BEHIND RECOVER

2&3 Turn ½ right as you shuffle left, right, left
4-5 Rock back on right foot, recover on left foot
6-7 Cross right foot over left foot, step left foot to left side
8& Rock right foot behind left foot, recover on left foot

REPEAT
