

Follow Me

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Tracey Vince
音乐: Follow Me - Uncle Kracker



- 1-2 Step right to side, cross left behind right
3&4 Turn ¼ right and shuffle right-left-right
5-6 Step forward left, pivot ½ right
7-8 Step left, lock right behind left
- 1&2 Shuffle forward left-right-left
3-4 Turn ¼ left step back on right, step back on left
5&6 Right coaster step
7&8 Shuffle forward left-right-left
- 1-2 Kick right forward, kick right to right side
3&4 Right sailor
5-6 Kick left forward, kick left to left side
7&8 Left sailor
- &1 Step right (slightly backward), touch left heel forward to left diagonal
&2 Step left beside right, tap right beside left
&3&4 Repeat last 4 counts
&5-6 Step right in place, rock forward on left, rock back on right
7&8 Turn ½ left with triple on the spot left-right-left ***
- 1-2 Step right to side, cross left behind right
3-4 Step right to side, scuff left beside right
5-6 Full turn to left stepping left-right
7&8 Shuffle to left (left-right-left)
- & Step right slightly backward
1&2 Cross shuffle left-right-left
3 Turn ¼ left and step back on right
4 Turn ¼ left and step side on left
5&6 Right sailor
7&8 Left sailor
- 1-2 Rock forward on right, rock back on left
3-4 Touch right toe back, pivot ½ turn right keeping weight on left
5&6 Right coaster
7-8 Rock forward on left, rock back on right
- 1-2 Step forward on left, hold
&3-4 Step ball of right beside left, step forward on left, hold
&5-6 Step ball of right beside left, rock forward on left, rock back on right
7&8 Turn left ¾ with triple on spot left-right-left

REPEAT

RESTART

On the third vanilla restart the dance after 32 counts
