

Follow Me!

拍数: 32 墙数: 4 级数: Improver
编舞者: Michel Cabana (CAN)
音乐: Follow Me - Uncle Kracker



WALK, WALK, TOUCH, COASTER STEP, WALK, TOUCH, ¼ TURN COASTER STEP

- 1-2-3 Step forward on the right foot, step forward on the left foot, touch right toe forward
4&5 Step right foot back, bring left foot beside right, step forward on right foot
6-7 Step forward on the left foot, touch right toe forward
8&1 Pivot ¼ turn right as you step right foot back, bring left foot beside right, step forward on the right foot

MILITARY TURN, HEEL & HEEL, TOUCH, STEP, SAILOR SHUFFLE

- 2-3 Step forward on the left foot, pivot ½ turn right weight ending on right foot
4&5& Touch left heel forward, bring left foot beside right, touch right heel forward, bring right foot beside left
6-7 Touch left toe to the left side, bring left foot beside right foot
8&1 Cross right foot behind left, bring left foot beside right, step right foot to the side

CROSS, SIDE, ¼ TURN COASTER STEP, ROCK SIDE, CROSS & ROCK

- 2-3 Cross left foot over right foot, step right foot to the right side
4&5 Pivoting ¼ turn left step left foot back, bring right foot beside left, step forward on the left foot
6-7 Rock to the side on right foot, recover weight on the left foot
8&1 Cross right foot over left foot, step left foot beside right foot, cross right foot over left foot (rocking on it)

¼ TURN, ½ TURN, COASTER STEP, ROCK SIDE, RECOVER, STEP BACK

- 2-3-4 Recover weight on the left foot, pivoting ¼ turn right step right foot forward, pivoting ½ turn right step left foot back
5&6 Step right foot back, bring left foot beside right foot, step forward on the right foot
7-8& Rock to the left side on the left foot, recover weight on the right foot, step left foot slightly back

REPEAT
