

Forget You

拍数: 64 墙数: 2 级数: Improver
编舞者: Laura K. - December 2010
音乐: Forget You - CeeLo Green



Starts after 16 counts on lyrics

Right Heel, Hook, Kick Ball Touch, Left Heel, Hook, Kick Ball Touch

1,2, Touch right heel forward, hook right foot in front of left leg
3&4 Kick right foot forward, step right beside left, touch left toe beside right
5,6 Touch left heel forward, hook left foot in front of right leg
7&8 Kick left foot forward, step left beside right, touch right toe beside left

Heel Switches & Walk, Walk (X2)

9&10& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
11,12 Walk forward right, left
13-16 Repeat counts 9-12

Rock, Recover, 1/2 Shuffle, Step, 1/2 Pivot, Shuffle

17,18 Rock forward onto right foot, recover back onto left
19&20 Make 1/4 turn right stepping right to right side, step left beside right, make 1/4 turn right stepping forward onto right
21,22 Step forward on left foot, make 1/2 turn right putting weight onto right foot
23&24 Step forward on left, step right beside left, step forward on left

Rocking Chair, Rock, Recover, 1/2 Shuffle

25,26,27,28 Rock forward right, recover back on left, rock back on right, recover forward on left
29,30 Rock forward on right, recover back on left
31&32 Make 1/4 turn right stepping right to right side, step left beside right, make 1/4 turn right stepping forward onto right

Rock, Recover, 1/2 Shuffle, Step, 1/2 Pivot, Shuffle (same as counts 17-24 but on opposite foot)

33,34 Rock forward onto left foot, recover back onto right
35&36 Make 1/4 turn left stepping left to left side, step right beside left, make 1/4 turn left stepping forward onto left
37,38 Step forward on right foot, make 1/2 turn left putting weight onto left foot
39&40 Step forward on right, step left beside right, step forward on right

Rocking Chair, Rock, Recover, 1/2 Shuffle (same as counts 25-32 but on opposite foot)

41,42,43,44 Rock forward left, recover back on right, rock back on left, recover forward on right
45,46 Rock forward on left, recover back on right
47&48 Make 1/4 turn left stepping left to left side, step right beside left, make 1/4 turn left stepping forward on left

Side Shuffle, Rock Back, Recover (X2)

49&50 Step right to right side, step left beside right, step right to right side
51,52 Rock back on left diagonally behind right, recover forward onto right
53&54 Step left to left side, step right beside left, step left to left side
55,56 Rock back on right diagonally behind left, recover forward onto left

Turning Toe Struts (X2)

57,58 Touch right toe forward, make 1/4 turn left while dropping heel of right foot to take weight onto right

59,60 Touch left toe forward, drop left heel and take weight onto left
61,62 Touch right toe forward, make 1/4 turn left while dropping heel of right foot to take weight onto right
63,64 Touch left toe forward, drop left heel and take weight onto left

REPEAT

Ending - At the end of wall 7, replace counts 63,64 with -Point left toe to left side, cross left over right and unwind 1/2 turn

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