

Follow Me

拍数: 64 墙数: 2 级数: Intermediate / Advanced
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音乐: Follow me (Wisnu)



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- 1-2 Rock forward onto RF, recover onto LF
3&4 Cross RF behind LF, step LF to L side, cross RF in front of LF
5&6& Step Lf to L side, twist R heel in, twist R heel back in place, twist L heel in
7&8& Twist L heel back in place, twist R heel in, twist R heel back in place, close LF next to RF
- 1-2 Cross RF in front of LF, make a 3/4 turn L placing weight onto Lf
3-4& Make a 1/4 turn L and step RF to R side, cross LF behind Rf, step RF to R side
5-6 Cross LF over RF, Rock RF to R side
7-8& Recover onto LF, cross RF behind LF, step LF to L side
- 1-2 Step RF in front of LF, Twist both heel to R
3-4& Twist both heels back to place, Kick Rf forward, place RF next to LF
5-6 Step forward on LF, Skate RF to R side
7-8& Skate Lf to L side, Kick RF forward, place RF next to LF
- 1-2 Lock LF behind RF, Twist both Feet to R making a 1/3 turn L
3-4 Twist both feet to R making a 1/3 turn L, twist both feet to R making a 1/3 turn L
5-6& Place R heel across LF, make a 1/8 turn R on R heel stepping LF to L side, Step RF next to Lf
7&8& Touch L heel forward, close LF next to RF, touch R heel forward, close RF next to LF
- 1-2 Place L heel across RF, make a 1/4 turn L on L heel stepping RF to R side
3&4 Making a 1/8 turn L step back on LF, step back on RF, step back on LF
5-6 Step back on RF, bump L hip forward
7-8& Step back on LF, bump R hip forward, Step RF next to LF
- 1-2& Step forward onto LF, step forward on RF, Rock Lf to L side
3-4& Recover onto RF, step forward on LF, rock RF to R side
5-6 Recover onto LF, Cross Rf over LF
7-8& Making a 1/4 turn R step back on LF, make a 1/4 turn R and step RF to R side, close LF next to RF
- 1-3 Make a big step to R with RF, drag LF toward RF over 2 counts
4 Hitch L knee up
5-6 Step Lf to L side, make a 1/4 turn R and hitch R knee up,
7-8 Making a 1/4 turn R step RF to R side, hitch L knee up
- 1-2 Cross Rock LF over RF, recover onto RF
3&4 Step forward with LF on R diagonal, Pop chest forward, contract chest back,
5-6 Step forward on Rf, make a 1/4 turn L
7-8 Make a 1/2 turn L and step back on RF, make a 1/2 turn L and step forward on LF

Start Again, and get as funky as you want !

Last Update - 20th Feb 2014

