# Follow You Home



拍数: 64 墙数: 2 级数: Intermediate - Pop/Disco

编舞者: Liz Lowry (UK) & Adrian Swales (UK) - May 2014

音乐: Follow You Home - Embrace: (iTunes)



Intro: 32 counts

1-2 Step forward Right. Pivot ¼ turn Left.

Cross step Right over Left. Step Left to Left side. Cross step Right over Left.
 Turn ¼ Right stepping back Left. Turn ¼ Right stepping Right to Right side.

7&8 Cross step Left over Right. Step Right to Right side. Cross step Left over Right (face 3:00).

#### [9-16] SIDE, HOLD, & SIDE, TOUCH. SIDE, HOLD, & ¼ LEFT, ¼ SCUFF.□

1-2 Step Right to Right side. Hold.

&3-4 Step Left next to Right. Step Right to Right side. Touch Left next to Right.

5-6 Step Left to Left side. Hold.

7&8 Step Right next to Left. Step forward Left turning ¼ Left. Turn ¼ Left scuffing Right forward

(face 9:00).

### [17-24] RIGHT MAMBO FORWARD, LEFT MAMBO BACK. PADDLE ¾ RIGHT.□

1&2 Rock forward on Right. Rock back on Left. Step back Right.
3&4 Rock back on Left. Rock forward on Right. Step forward Left.

5 Step forward Right turning ¼ turn Right.

Step on ball of Left. Step Right in place turning ¼ turn Right.
Step on ball of Left. Step Right in place turning ¼ turn Right.
Step forward on ball of Right. Step Right in place (face 6:00).

## [25-32] FORWARD ROCK, SHUFFLE ½ LEFT. STEP, ½ PIVOT, 2 WALKS FORWARD.□

1-2 Rock forward on Left. Recover weight to Right.

3&4 Shuffle ½ turn Left stepping Left, Right, Left (face 12:00).

5-6 Step forward Right. Pivot ½ turn Left (face 6:00).

7&8 Walk forward Right. Walk forward Left \*\* Restart here wall 2

## [33-40] RIGHT HEEL, SLIP, TOE, SLIP, SAMBA STEP. LEFT HEEL, SLIP, TOE, SLIP, SAMBA STEP.

1& Step Right heel forward and across Left foot on slight diagonal to Left. Replace weight to Left

slipping it slightly leftwards.

Step Right toe back. Replace weight to Left slipping it slightly leftwards.
 Cross step Right over Left. Step Left to Left side. Replace weight on Right.

5& Step Left heel forward and across Right foot on slight diagonal to Right. Replace weight to

Right slipping it slightly rightwards.

Step Left toe back. Replace weight to Right slipping it slightly rightwards.
 Cross step Left over Right. Step Right to Right side. Replace weight on Left.

# [41-48] JAZZBOX ¼ RIGHT, SCUFF. STEP, SCUFF, STEP, SCUFF.□

1-2 Cross step Right over Left. Step Left back.

3-4 Step Right to Right side turning ¼ Right. Scuff Left forward (face 9:00).

5-6 Step Left forward. Scuff Right forward.7-8 Step Right forward. Scuff Left forward.

#### [49-56] FORWARD ROCK, SHUFFLE ¾ LEFT . SIDE, BEHIND, & HEEL, CLAP, CLAP.□

1-2 Rock forward on Left. Recover weight to Right.

3&4 Shuffle ¾ turn Left stepping Left, Right, Left (face 12:00).

5-6 Step Right to Right side. Cross step Left behind Right.

&7&8 Step back Right. Tap Left heel forward on Left diagonal. Clap. Clap.

# [57-64] BALL CROSS, SIDE, ¼ RIGHT, ¼ RIGHT. RIGHT SAILOR, LEFT SAILOR.□

&1-2 Step back Left. Cross step Right over Left. Step side Left.

3-4 Turning ¼ Right step Right to side. Turning ¼ Right step Left to side (face 6:00).

5&6 Step Right behind Left. Step side Left. Step side Right.

7&8 Step Left behind Right. Step side Right. Step side Left (face 6:00).

Contact: lizlowry@btinternet.com□