

Follow me home (隨我回家吧) (zh)

COPPER KNOB
BY STEPHEN T. S.

拍數: 48 牆數: 2 級數: High Beginner
編舞者: Teresa Lawrence (UK) & Vera Fisher (UK) - 2007年07月
音樂: Follow Me Home - Sugababes : (CD: Taller in more Ways)



前奏 : 32 count intro, 1st step is just before main vocals. 32拍後, 唱歌前1拍起跳

- 第一段** **Step Side, Rock Back Replace 1/4, R Lock Back, Rock & Spin, Shuffle Fwd 側踏, 後下沉 回復 轉1/4 右後鎖步, 下沉轉, 前交換**
- 1 Take Large Step Out To R Side 右足右一大步
- 2&3 Rock Back On L Slightly Behind R, Replace Weight On R, Making ¼ Turn R, Step Back On L 左足於右足略後下沉, 右足回復, 右轉90度左足後踏
- 4&5 Step Back On R, Lock L In Front Of R, Step Back On R
右足後踏, 左足於右足前鎖踏, 右足後踏
- 6&7 Rock Back On L, Replace Weight On R, Step Fwd On L And Spin Full Turn R Hooking R Foot In Front Of L Calf
左足後下沉, 右足回復, 左足前踏右轉圈右足於左小腿前勾
(Option, If You Don'T Want To Spin Then Just Step Fwd On L)
(簡易版 : 只要左足前踏, 不用轉)
- 8&1 Shuffle Fwd On R [3 O'Clock] 右足前交換步(3點鐘)
- 第二段** **Twinkle-Ish! Sailor 1/4 Turn X 2**
前交叉華士步, 轉1/4水手步2次
- 2&3 Cross L Over R, Step R To R Side, Step Back On L To Slight L Diagonal
左足於右足前交叉踏, 右足右踏, 左足略向左斜角線後踏
- 4&5 Step R Behind L, Make ¼ Turn L Stepping L To L Side, Step R To R Side
右足於左足後踏, 左轉90度左足左踏, 右足右踏
- 6&7 Repeat Counts 2&3 重覆2&3
- 8&1 Repeat Counts 4&5 [9] 重覆4&5 (9點鐘)
- 第三段** **Cross Rock Step Back, Rock Back Replace Step Fwd, Cross Rock Replace 1/4, Triple Full Turn**
交叉下沉 後踏後, 後下沉 回復 前踏, 交叉下沉 回復 1/4, 小三步轉圈
- 2&3 Cross Rock L Over R, Replace Weight On R, Step Back On L To Slight L Diagonal 左足於右足前交叉下沉, 右足回復, 左足略向左斜角線後踏
- 4&5 Rock Back R Slightly Behind L, Replace Weight On L, Step Fwd On R To Slight R Diagonal 右足於左足後下沉, 左足回復, 右足向右斜角前踏
- 6&7 Cross Rock L Over R, Replace Weight On R, Make ¼ Turn L Stepping Fwd On L 左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏
- 8&1 Triple Whole Turn L Travelling Fwd Stepping R.L.R (Option, Shuffle Fwd Instead Of Turn) [6] 小三步左轉圈 (腳步順序: 右, 左, 右)
- 第四段** **2 Prissy Walks, Quick 1/2, Weave**
2次交叉走步, 轉1/2, 藤步
- 2-3 Walk Fwd L, R 走步(左, 右)
- 4&5 Step Fwd L, Make ½ Turn R Stepping Fwd On R, Step Fwd L,
左足前踏, 右轉180度右足前踏, 左足前踏
- 6-7-8& Cross R Over L, Step L To L Side, Step R Behind L, Step L To L Side [12] 右足於左足前交叉踏, 左足左踏, 右足於左足後踏, 左足左踏(12點)
- 第五段** **Kick Cross Rock Replace Kick & Touch X2**
踢 交叉 下沉 回復 踢 & 點 2次

- 1&2& Kick R Across L, Cross R Over L, Rock L To L Side, Replace Weight On R 右足於左足前交叉踢,右足於左足前交叉踏,左足左下沉,右足回復
- 3&4 Kick L Across R, Cross L Over R, Touch R To R Side
左足於右足前交叉踢, 左足於右足前交叉踏, 右足右點
- 5&6& Repeat Counts 1&2& *Restart Here On Wall 5 Facing Home Wall
重覆 1&2& (第五面牆面向前面從頭跳起)
- 7&8 Repeat Counts 3&4 *RESTART Here On Walls 2 Facing Back Wall & 4facing Home Wall 重覆3&4 (第二面牆面向後面, 第四面牆面向前面從頭起跳)

**第六段 Whole Turn, Chasses, Twinkle-Ish 1/2, Twinkle Cross
轉圈, 追步, 交叉華士步 1/2, 交叉華士步**

- 1-2 Travelling To R Side Make A Full Turn R Stepping R, L
右轉圈(右, 左)
(Option, Instead Of Turn Step R To R Side, Step L Next To R)
簡易版:右足右踏, 左足併踏
- 3&4 Chasses R To R Side 右足右追步
- 5&6 Cross L Over R, Making 1/4 Turn L Step Back On R, Make Another 1/4 Turn L Stepping L To L Side
左足於右足前交叉踏, 左轉1/4右足後踏, 左轉1/4左足左踏
- 7&8& Cross R Over L, Step L To L Side, Step R To R Side, Cross L Over R. [6]右足於左足前交叉踏,左足左踏,右足右踏,右足於右足前交叉踏(6點)

Dance goes out of phrase for 1 wall, at the end, dance will end on the cross rock replace 1/4, triple full turn, facing the front
結束時會跳到交叉下沉 回復 轉90度 小三步轉圈, 面向前面牆
