

I Forgot You

拍數: 48 牆數: 2 級數: Improver
編舞者: Nathan Gardiner (SCO) - May 2015
音樂: Forgot You (feat. Will Singe) - Bella Ferraro



Intro: 32 counts start on main vocals

S1: WALK, WALK, MAMBO STEP, WALK BACK, WALK BACK, COASTER STEP

1-2 Walk forward on right, Walk forward on left
3&4 Rock forward on right, Recover on left, Step back on right
5-6 Walk back on left, Walk back on right
7&8 Step back on left, Step right next to left, Step forward on left

S2: SIDE ROCK, RECOVER, CROSS & HEEL, & CROSS, SIDE, BEHIND & HEEL

1-2 Rock out to right side, Recover on left
3&4 Cross step right over left, Step left slightly to left side, Touch right heel to right diagonal
&5-6 Step ball of right next to left, Cross step left over right, Step right to right side
7&8 Step left behind right, Step right slightly to right side, Touch left heel to left diagonal

S3: & SWAY, SWAY, CHASSE RIGHT, CROSS ROCK, RECOVER, CHASSE 1/4 LEFT

&1-2 Step ball of left next to right, Sway hips to right side, Sway hips to left side
3&4 Step right to right side, Step left next to right, Step right to right side
5-6 Cross rock left over right, Recover on right
7&8 Step left to left side, Step right next to left, Turn 1/4 left stepping forward on left

S4: FULL TURN LEFT, KICK BALL STEP, MAMBO STEP, COASTER STEP

1-2 Turn 1/2 left stepping back on right, Turn 1/2 left stepping forward on left
3&4 Kick right foot forward, Step ball of right next to left, Step forward on left
5&6 Rock forward on right, Recover on left, Step back on right
7&8 Step back on left, Step right next to left, Step forward on left

S5: ROCK FORWARD, RECOVER, & WALK BACK, WALK BACK, COASTER STEP, SIDE ROCK, RECOVER

1-2 Rock forward on right, Recover on left
&3-4 Step slightly back on right, Walk back on left, Walk back on right
5&6 Step back on left, Step right next to left, Step forward on left
7-8 Rock out to right side, Recover on left

S6: CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR 1/4 LEFT

1-2 Cross step right over left, Step left to left side
3&4 Step right behind left, Step left to left side, Step right to right side
5-6 Cross step left over right, Step right to right side
7&8 Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side

Start Again.....Happy Dancing

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