

# Follow The Sun

拍數: 64      牆數: 4      級數: Easy Intermediate  
編舞者: Francien Sittrop (NL) - March 2016  
音樂: Follow the Sun (Black Box Radio Edit) - Time Square & Xavier Rudd : (Album: Single)



**Intro: Start after 16 counts from the beginning**

**[1 - 8] □ Prissy Walks fwd, Shuffle fwd, Rock step, Recover, Coaster cross**

1 - 2      Step R across L, Step L across R  
3 & 4      Step R fwd, Step L next to R, Step R fwd  
5 - 6      Rock L fwd, Recover on R  
7 & 8      Step L back, Step R next to L, Step L across R

**[9-16] □ Rolling Vine, Side Shuffle, Cross Rock, Recover, Sailor step ¼ Turn L**

1 - 2      ¼ Turn R step R fwd, ½ Turn R step L back  
3 & 4      ¼ Turn R step R to R side, Step L next to R, Step R to R side  
5 - 6      Rock L across R, Recover on R  
7 & 8      Sweep L behind R with ¼ Turn L, Step R to R side, Step L fwd (09.00)

**[17-24] □ Skates R - L, Shuffle fwd, Step fwd, Touch and Step, Scuff**

1 - 2      Skate R fwd, Skate L fwd  
3 & 4      Step R fwd, Step L next to R, Step R fwd  
5-6&      Step L fwd, Touch R next to L, Step R next to L  
7 - 8      Step L fwd, Scuff R fwd

**[25-32] □ Diag Steps with touch, Coaster Step**

1 - 2      Step R Diagonally R fwd, Touch L next to R  
3 - 4      Step L Diagonally L back, Touch R next to L  
5 - 6      Step R Diagonally R back, Touch L next to R  
7 & 8      Step L back, Step R next to L, Step L fwd \*\*R\*\*

**[33-40] □ Side, Together, Shuffle fwd, Side, Together, Walks back L-R**

1 - 2      Step R to R side, Step L next to R  
3 & 4      Step R fwd, Step L next to R, Step R fwd  
5 - 6      Step L to L side, Step R next to L  
7 - 8      Step L back, Step R back

**[40-48] □ Side rock, Recover, Sailor step, Sailor step ¼ R, Step fwd, Pivot ½ R**

1 - 2      Rock L to L side, Recover on R  
3 & 4      Sweep L behind R, Step R next to L, Step L to L side  
5 & 6      Sweep R behind L with ¼ Turn R, Step L to L side, Step R fwd (12.00)  
7 - 8      Step L fwd, Pivot ½ Turn R (06.00) \*\*R\*\*

**[49-56] □ Step Fwd, Sweep, Step fwd, Sweep, Jazz Box ¼ Turn L □**

1 - 2      Step L fwd, Sweep R fwd  
3 - 4      Step R fwd, Sweep L fwd  
5 - 8      Step L across R, Step R back, ¼ Turn L step L to L side, Step R fwd (03.00)

**[57-64] □ L Heel fwd, R Heel fwd, Back, Back, Step fwd, Pivot ½ R, Shuffle fwd**

1 - 2      Step on L heel fwd, Step on R heel fwd ( with toes up)  
3 - 4      Step L back, Step R next to L  
5 - 6      Step L fwd, Pivot ½ Turn R (09.00)

7 & 8            Step L fwd, Step R next to L , Step L fwd

**Restarts:-**

**During wall 1 : After count 32, Start again with count 1**

**During wall 3 : After count 48, Add an & count step L next to R and start again with count 1**

**During wall 7 : After count 32, Start again with count 1 .**

**Ending: Wall 8 is the last wall (front wall) Dance until count 14( Cross Rock Recover) Then make Coaster step**

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