

Follow The Leader

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Nathan Gardiner (SCO) - June 2016
音樂: Follow The Leader (feat. Jennifer Lopez) - Wisin & Yandel



Intro: 32 counts

S1: Rock Back, Recover, Walk Forward R & L, Cross Samba R & L

1-2 Rock back on R (Option: Kick L forward), Recover (Option: Flick R back)
3-4 Step forward on R (Slightly crossed), Step forward on L (Slightly crossed)
5&6 Cross R over L, Rock out to L side, Recover on R
7&8 Cross L over R, Rock out to R side, Recover on L

S2: Heel Bounce ¼ LX2, Sailor Step, Ball Side, Touch

1-2 Step forward on R (Slightly crossed), ¼ L with heel bounce (Weight on L)
3-4 Step forward on R (Slightly crossed), ¼ L with heel bounce (Weight on R)
5&6 Step L behind R, Step R to R side, Step L to L side
&7-8 Step R next to L, Step L to L side, Touch R next to L

S3: Kick Ball Step, ¼ R, ¼ L, Kick Ball Step, ¼ L, ¼ R

1&2 Kick R forward, Step R next to L, Step slightly forward on L
3-4 ¼ R swivelling on balls of feet, ¼ L swivelling on balls of feet (Weight on R)
5&6 Kick L forward, Step L next to R, Step slightly forward on R
7-8 ¼ L swivelling on balls of feet, ¼ R swivelling on balls of feet (Weight on R)

S4: Coaster Step, Kick Ball Step, Knee Pops, Coaster Cross, Scuff

2&2 Step back on L, Step R next to L, Step forward on L
3&4 Kick R forward, Step R next to L, Step slightly forward on L
&5 Pop both knees forward lifting both heels up, Drop both heels (Weight on R)
6&7 Step back on L, Step R next to L, Cross L over R
8 Scuff R to R side

S5: Side R, Behind, Side, Cross, Side R, Sailor ¼ L, R Lock Step

1 Step R to R side
2&3 Step L behind R, Step R to R side, Cross L over R
4 Step R to R side
5&6 Step L behind R, ¼ L stepping R to R side, Step L to L side
7&8 Step forward on R, Lock L behind R, Step forward on R

S6: Side L, Behind, Side, Cross, Side L, Sailor ¼ R, L Lock Step

1 Step L to L side
2&3 Step R behind L, Step L to L side, Cross R over L
4 Step L to L side
5&6 Step R behind L, ¼ R stepping L to L side, Step R to R side
7&8 Step forward on L, Lock R behind L, Step forward on L

S7: Mambo Step, Coaster Cross, Chasse R, Cross, Point

1&2 Rock forward on R, Recover on L, Step back on R
3&4 Step back on L, Step R next to L, Cross L over R
5&6 Step R to R side, Step L to L side, Step R to R side
7-8 Cross L over R, Point R to R side or Low Kick

S8: Behind, Side, Cross, Chasse L, Rock Back, Recover, Scuff, Out, Out

- 1&2 Step R behind L, Step L to L side, Cross R over L
3&4 Step L to L side, Step R next to L, Step L to L side
5-6 Rock back on R, Recover on L
7&8 Scuff R forward, Step R slightly to R diagonal, Step L slightly to L diagonal

Restart 1: On wall 3 after 56 counts

Restart 2: On wall 4 after 16 counts

Restart 3: On wall 7 after 56 counts

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