

I Will Follow Him

拍數: 72 牆數: 4 級數: Phrased Improver
編舞者: Amy Yang (TW) - March 2017
音樂: I Will Follow Him - Peggy March



Intro : 32 counts - Sequence of dance : A A B / A Tag B Tag A / A B B

PART A – 40 counts

Sec. A1: SIDE, BEHIND, 1/4 TURN R, FORWARD SHUFFLE, FORWARD, PIVOT 1/2 TURN R, 1/2 TURN R BACKWARD SHUFFLE

- 1-2,3&4 Step RF to R, Cross LF behind RF, 1/4 turn R step forward on RF, Lock LF behind RF, Step RF forward(03:00)
5-6,7&8 Step LF forward, Pivot 1/2 turn R step RF forward, 1/2 turn R step LF backward, Lock RF in front of LF, step LF backward (03:00)

Sec. A2: BACK, RECOVER, FORWARD SHUFFLE, FORWARD, PIVOT 1/4 TURN R, CROSS SHUFFLE

- 1-2,3&4 Step RF back, Recover onto LF, Step RF forward, Cross LF behind RF, Step RF forward
5-6,7&8 Step LF forward, Pivot 1/4 turn R step on RF, Cross LF over RF, Step RF to R, Cross LF over RF(06:00)

Sec. A3: HALF RUMBA BOX, FORWARD SHUFFLE(R&L)

- 1-2,3&4 Step RF to R, Step LF beside RF, Step RF forward, Lock LF behind RF, Step RF forward
5-6,7&8 Step LF to L, Step RF beside LF, Step LF forward, Lock RF behind LF, Step LF forward

Sec. A4: Forward, RECOVER, 1/2 TURN R, FORWARD SHUFFLE, FORWARD, PIVOT 1/4 TURN R, CROSS SHUFFLE

- 1-2,3&4 Step RF forward, Recover onto LF, 1/2 turn R step forward on RF, Lock LF behind RF, Step RF forward(12:00)
5-6,7&8 Step LF forward, Pivot 1/4turn R step on RF, Cross LF over RF, Step RF to R, Cross LF over RF(03:00)

Sec. A5 SIDE, RECOVER, CHA CHA(R&L)

- 1-2,3&4 Step RF to R, Recover onto LF, Step on RF in place, Step on LF in place, Step on RF in place
5-6,7&8 Step LF to L, Recover onto RF, Step on LF in place, Step on RF in place, Step on LF in place

PART B – 32 counts

Sec. B1: HEEL SWIVELS R, HOLD(R&L)

- 1 – 4 Swivel heels to R, Swivel toes to R, Swivel heels to R, Hold and clap hands(weight onto RF)
5 – 8 Swivel heels to L, Swivel toes to L, Swivel heels to L, Hold and clap hands(weight onto LF)

Sec.B 2: FORWARD, TOUCH, BACKWARD, TOUCH, BACKWARD, TOUCH, FORWARD, TOUCH

- 1 – 2 Step RF forward R diagonal, Touch LF beside RF and clap hands
3 – 4 Step LF backward L diagonal, Touch RF beside LF and clap hands
5 – 6 Step RF backward R diagonal, Touch LF beside RF and clap hands
7 – 8 Step LF forward L diagonal, Touch RF beside LF and clap hands

Sec. B3: SIDE CHASSE, BACK, RECOVER (R&L)

- 1&2,3-4 Step RF to R, Step LF beside RF, Step RF to R, Step LF back, Recover onto RF
5&6,7-8 Step LF to L, Step RF beside LF, Step LF to L, Step RF back, Recover onto LF

Sec. B4: HEEL GRIND WITH 1/4 TURN R, BACK, RECOVER(x2)

- 1 – 4 Touch RF heel forward and grind to R, Making 1/4 turn R step back on LF, Step RF back, Recover onto LF(09:00)

5 – 8 Touch RF heel forward and grind to R, Making 1/4 turn R step back on LF, Step RF back, Recover onto LF(12:00)

Start again.

Tag : FORWARD, PIVOT 1/2 TURN L, FORWARD SHUFFLE, FORWARD, PIVOT 1/2 TURN R, FORWARD SHUFFLE

1-2,3&4 Step RF forward, Pivot 1/2 turn L step on LF, Step RF forward, Lock LF behind RF, Step RF forward

5-6,7&8 Step LF forward, Pivot 1/2 turn R step on RF, Step LF forward, Lock RF behind LF, Step LF forward

Ending : After wall 9, Step RF forward, 1/4 turn L to face the front(facing 12:00)

Have Fun & Happy Dancing !

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