

# Forget It

拍數: 32      牆數: 2      級數: Improver  
編舞者: James Nyström (SWE) & Lena Swahn (SWE) - August 2019  
音樂: Maria Magdalena - Lena Philipsson : (Single)



## #32 counts intro

### S1: Back Rock, Shuffle Fwd, Fwd Rock, Sweep, Behind Side Cross.

1 - 2      Rock Back on LF, Recover onto RF (12:00)  
3&4      Step LF Fwd, Step RF next to LF, Step LF Fwd  
5 - 6      Rock Fwd on RF, Recover back on LF with sweep  
7&8      Step RF behind LF, Step LF to L side, Cross RF over LF

### S2: Side, Touch, Kick Ball Cross, ¼ Turn, ¼ Turn, Cross Shuffle.

1 - 2      Step LF to L side, Touch RF next to LF  
3&4      Kick RF to R diagonal, Step RF on ball next to LF, Cross LF over RF  
5 - 6      ¼ Turn L Stepping back on RF, ¼ Turn L Stepping LF to L side (6:00)  
7&8      Cross RF over LF, Step LF next to RF, Cross RF over LF

### S3: Side Rock, ¼ Turn, Shuffle Turn, Shuffle Turn, ½ Turn, ¼ Turn.

1 - 2      Rock LF to L side, Recover onto RF with ¼ Turn R (9:00)  
3&4      ¼ Turn R stepping LF to L side, Step RF next to LF, ¼ Turn R stepping LF Back (3:00)  
5&6      ¼ Turn R stepping RF to R side, Step LF next to RF, ¼ Turn R stepping RF Fwd (9:00)  
7 - 8      ½ Turn R stepping Back on LF, ¼ Turn R stepping RF to R side (6:00)

### S4: Cross Rock, Chassé, Cross, Back, Syncopated Weave.

1 - 2      Cross Rock LF over RF, Recover onto RF  
3&4      Step LF to L side, Step RF next to LF, Step LF to L side  
5&6&      Cross RF over LF, Step back on LF, Step RF to R side, Cross LF over RF  
7&8      Step RF to R side, Step LF behind RF, Step RF to R side

## Start again, have fun!

### Tag: After Wall 10 (12:00) Rocking Chair with LF, Step LF to L side, Shimmy (or Freestyle).

1 - 2      Rock Back on LF, Recover onto RF  
3 - 4      Rock Fwd on LF, Recover onto RF  
5 - 8      Step LF to L side, Shimmy shoulders (or freestyle) over three counts (Weight on RF)

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