

Just Forget

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Silvia Schill (DE) - August 2019
音樂: Forget About It - Michael Ray



The dance begins with the vocals

Walk 2, Mambo Forward, Back 2 (with Swivels), Coaster Step

1-2 2 steps forward (R - L)
3&4 Step forward with RF - weight back on LF and step backwards with RF
5-6 2 steps backwards, turning the front toe of each foot from the inside to the outside (L- R)
7&8 Step back with LF, RF beside LF, step forward with LF

Rock Forward, Shuffle Back Turning ½ R, Rock Forward, Shuffle Back Turning ½ L

1-2 Step forward with RF - weight back on LF
3&4 ¼ turn right and step with RF to right, LF beside RF, ¼ turn right and step forward with RF (6 o'clock)
5-6 Step forward with LF - weight back on RF
7&8 ¼ turn left around and step with LF to left - RF beside LF, ¼ turn left and step forward with LF (12 o'clock)

Restart: In the 2nd lap - direction 6 o'clock - stop here and start from the beginning

Restart: In the 4th and 5th round - direction 12 o'clock - stop here and start from the beginning

Shuffle Forward Turning ½ L, ¼ Turn L/Chassé L, Rock Across-Side-Cross-Side-Behind

1&2 ¼ Turn left and step RF to right, LF beside RF, ¼ Turn left and step backwards with RF (6 o'clock)
3&4 ¼ Turn left and step LF to left - RF beside LF and step LF to left (3 o'clock).
5-6 Cross RF over LF - weight back on LF
&7 Step RF to right and cross LF over RF
&8 Step RF to right and cross LF behind RF

Side-Cross, Side, Sailor Step Turning ¼ L, Step, Pivot ½ L, Touch Forward & Touch Forward &

&1-2 Step RF to right, cross LF over RF - Step RF to right
3&4 Cross LF behind RF - ¼ turn left, RF beside LF and step forward with LF (12 o'clock)
5-6 Step forward with RF - ½ turn left on both bales, weight at end left (6 o'clock)
7& Tap right toe in front and step RF beside LF
8& Tap left toe in front and LF beside RF

Repeat to the end

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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