

# Forget About Everything

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Easy Improver  
編舞者: Pat Esper (USA) - March 2020  
音樂: You and Me, Girl - Jessta James



#8 count intro - No Tags or Restarts.

**[1-8]: Mambo forward, Mambo back, Step-lock-step, Three quarter chase turn**

- 1&2      Rock forward on the right foot, Recover onto the left foot, Step the right foot next to the left (or slightly back for styling)
- 3&4      Rock back on the left foot, Recover onto the right foot, Step the left foot next to the right (or slightly forward for styling).
- 5&6      Step forward on the right foot, Step the left foot behind the right, Step forward on the right foot.
- 7&8      Step forward on the left foot, Turn a three quarter turn over the right shoulder (timing cheat: step in place on the right foot), Step the left foot to the side.

**[9-16]: Syncopated double weave, Side rock (Press), Recover, Weave**

- 1&2&      Step the right foot behind the left, Step the left foot to the side, Step the right foot over the left, Step the left foot to the side.
- 3&4      Step the right foot behind the left, Step the left foot to the side, Step the right foot over the left.
- 5-6      Rock/press the left foot to the side rolling through the hips from right to left to right. Recover onto the right foot.
- 7&8      Step the left foot behind the right, Step the right foot to the side, Step the left foot over the right.

**[17-24]: Forward, Touch, Turn, Touch, Triple back, Triple back**

- 1-2      Step forward at an angle on the right foot. Touch the left foot next to the right.
- 3-4      Turn a quarter turn to the left stepping forward on the left foot. Touch the right foot next to the left.
- 5&6      Step back at an angle on the right foot, Step the left foot next to the right, Step back at an angle on the right foot (Note: For styling, cross the left foot over the right on the & count).
- 7&8      Step back at an angle on the left foot, Step the right foot next to the left, Step back at an angle on the left foot (Note: For styling, cross the right foot over the left on the & count).

**[25-32]: Forward touch, Side touch, Sailor step, Forward touch, Side Touch, Sailor step**

- 1-2      Touch the right toes forward (Option: Crossing touch forward over the left foot). Touch the right toes to the side.
- 3&4      Step the right foot behind the left, Step the left foot to the side, Step in place on the right foot.
- 5-6      Touch the left toes forward (Option: Crossing touch forward over the right foot). Touch the left toes to the side.
- 7&8      Step the left foot behind the right, Step the right foot to the side, Step in place on the left foot.

**Start again**

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