

Follow You

拍數: 32 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - March 2021
音樂: Follow You - Imagine Dragons : (Spotify)



(Starts 16 counts after the music begins, just before the lyrics)

[S1] Fwd Rock-1/4R, Quick Fwd Rock, Back w/ Sweep-Back-1/2L-1/2L w/ Sweep-

1 2 3 Rock forward on R, Recover weight on L, Make a ¼ turn right stepping forward on R (3:00)
4& Rock forward on L, Recover weight on R
5 6 Step back on L with R sweep, Step back on R
7 8 Make a ½ turn left stepping forward on L, Make a ½ turn right stepping back on R with L sweep (3:00)

[S2] Back-1/2R-1/2R w/ Sweep, Behind-Side-Cross Rock, Side Shuffle

1 2 3 Step back on L, Make a ½ turn right stepping forward on R, Make a ½ turn right stepping back on L with R sweep (3:00)
4& Step R behind L, Step L to the side
5 6 Rock R across L, Recover weight on L
7&8 Step R to the side, Step L next to R, Step R to the side

[S3] Cross Rock-1/4L, Step-Pivot 1/2L-Spiral 3/4L, Side Rock-Cross-Side

1 2 3 Rock L across R, Recover weight on R, Make a ¼ turn left stepping forward on L (12:00)
4& Step forward on R, Make a ½ quick turn left recover weight on L (6:00)
5 6 Step forward on R making a ¾ spiral roll left over 2 counts (keep weight on R) (9:00)
7&8& Rock L to the side, Recover weight on R, Cross L over R, Step R to the side

[S4] Back Rock, 1/2R w/ Sweep, Coaster Step, Full Turn-Fwd

1 2 3 Rock back on L, Recover weight on R, Make a ½ turn right stepping back on L with R sweep (3:00)
4&5 Step back on R, Step L next to R, Step forward on R
6 7 8 Make a ½ turn right stepping back on L, Make a ½ turn right stepping forward on R, Step forward on L (3:00)

***16 Count Tag: The end of Wall 1 (3:00) and 3 (9:00)**

Stomp-Stomp, Fwd Mambo, Full Triple Turn (Backwards), Triple Step (Backwards)

1 2 Stomp R out, Stomp L out
3&4 Rock forward on R, Recover weight on L, Step back on R
5&6 Make a ½ turn left stepping forward on L, Make a ½ turn left stepping R in place, Step L next to R
7&8 Step back on R, Step L in place, Step R next to L

Cross-Twinkle, Cross-Twinkle Turn 1/4R, Step-Pivot 3/4R, Stomp-Stomp-Stomp

1&2 Cross L over R, Step R to the side, Step L in place
3&4 Cross R over L, Make a ¼ turn stepping slightly back/side on L, Step R in place
5 6 Step forward on L, Make a ¾ turn right recover weight on R
7&8 Stomp L out, Stomp R out, Stomp L out

Ending suggestion: The last wall starts at 3:00, dance up to Section 2 (6:00), then make a ½ turn right to the front stepping L to the side.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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