

Follow Me

拍數: 64 牆數: 2 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - March 2022
音樂: Follow Me - Sam Feldt & Rita Ora : (Spotify)



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

(Dance starts on the word "days")

[S1] Kick-Ball Step, Step-Pivot 1/2L, Fwd-1/2R-1/2R-Chase Turn-

1&2 Kick forward on R, Ball step R next to L, Step forward on L
3 4 Step forward on R, Make a 1/2 turn left recover weight on L (6:00)
5 6 7 Step forward on R, Make a 1/2 turn right stepping back on L, Make a 1/2 turn right stepping forward on R (6:00)
&8 Step forward on L, Make a 1/2 turn left recover weight on R (12:00)

[S2] –Out-Out-In-In, Dorothy Step, Tap, Side-1/4L-Tap, Side Rock

&1&2 Step L out diagonal, Step R out diagonal, Step L to centre, Step R to centre
3 4& Step forward on L, Lock R behind L, Step forward on L
5 6& Touch R toe next to L, Step R to the side, Make a 1/4 turn left stepping L to the side (9:00)
7&8 Touch R toe next to L, Rock R to the side, Replace weight on L

[S3] 2x (Cross, Back-Side, Cross, 1/4L Back-Side)

1&2 Cross R over L, Step back on L, Step R to the side
3&4 Cross L over R, Make a 1/4 turn right stepping back on R, Step L to the side (6:00)
5&6 Cross R over L, Step back on L, Step R to the side
7&8 Cross L over R, Make a 1/4 turn right stepping back on R, Step L to the side (3:00)

[S4] 1/4L Side Shuffle into Side Rock-Sailor 1/4R-Touch, Side, Behind-1/4R-Fwd

1&2 Making a 1/4 turn left stepping R to the side, Step L next to R, Rock R to the side (12:00)
3 4& Replace weigh on L, Step R behind L making a 1/4 turn right, Step L beside R (3:00)
5 6 Touch R next to L, Step R to the side
7&8 Step L behind R, Make a 1/4 turn right stepping forward on R, Step forward on L*** (6:00)

-Restart here on Wall 3

[S5] Cross, Point, Cross, Side, Behind, Point, Behind, 1/4L-

1 2 Cross R over L, Point L to the side
3 4 Cross L over R, Step R to the side
5 6 Step L behind R, Point R to the side
7 8 Step R behind L, Make a 1/4 left stepping forward on L (3:00)

[S6] -1/2Lw/ Sweep-Behind-1/4R-Step-Pivot 1/2R-Full Turn

1 2 Make a 1/2 turn left stepping back on R sweeping L around, Step L behind R (9:00)
3 4 Make a 1/4 turn right stepping forward on R, Step forward on L (12:00)
5 6 Make a 1/2 turn right recover weight on R, Make a 1/2 turn right stepping back on L (12:00)
7 8 Make a 1/2 turn right stepping forward on R, Step forward on L** (6:00)

-Restart here on Wall 1 and Wall 5

[S7] 1/4L-Heel, Rock Fwd-Back-Fwd-Back, Caster Step, 3x Ball 1/4L Turn

&1 2 Make a swift 1/4 turn left stepping back on L, Touch L heel forward, Drop L toes as you press forward (3:00)
3&4 Lift up L toes as you press back on R, Drop L toes as you press forward, Lift up L toes as you press back on R

5&6 Step back on L, Step R next to L, Step forward on L
7 8 1 Making a 1/4 turn left on ball of L foot touch R to the side, Making a 1/4 turn left on ball of L foot touch R to the side, Making a 1/4 turn left on ball of L foot point R to the side (12:00)

[S8] Touch, 1/4R, 2x Ball 1/4R Turn-1/4R Side, Back Rock

2 3 Touch R next to L, Make a 1/4 turn right stepping forward on R (9:00)
4 5 6 Making a 1/4 turn right on ball of R foot touch L to the side, Making a 1/4 turn right on ball of R foot touch L to the side, Make a 1/4 turn right stepping L to the side (6:00)
7 8 Rock back on R, Replace weight on L

Restart on Wall 1 count 48 (6:00), Wall 3 count 32*** (6:00) and Wall 5 count 48** (12:00)**

Ending suggestion: The last wall starts facing 12:00, dance up to S2 count 5 (12:00). Then, Scissor Cross Step on R-L-R (6&7), Hold (8)

(updated: 16/Mar/22)
