

Forget Me

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Heather Barton (SCO) & Lee Hamilton (SCO) - October 2022
音樂: Forget Me - Lewis Capaldi



Intro: 16 Counts, Start at approx.. 9 secs

SEC 1: Back Drag, Weave, Side, Together, Cross, $\frac{3}{4}$ Reverse Turn

1-2 Step right back dragging left towards right over 2 count
3&4 Step left behind right, step right to right, cross left over right
&5-6 Step right to right, step left beside right, cross right over left
7-8 Turn $\frac{1}{4}$ right step left back, turn $\frac{1}{2}$ right step right forward (9:00)

SEC 2: $\frac{1}{4}$ Side Rock, Vaudeville, Cross, $\frac{3}{4}$ Unwind, Step Lock Step

1-2 Turn $\frac{1}{4}$ right rock left to left, recover weight onto right (12:00)
3&4& Cross left over right, step right back, touch left heel to left diagonal, step left beside right
5-6 Cross right over left, pivot $\frac{3}{4}$ left transferring weight onto left (3:00)
7&8 Step right forward, step left behind right, step right forward

SEC 3: Press Rock, Recover Sweep, $\frac{1}{2}$ Sailor Turn, Out Out, Back Lock Back

1-2 Press rock left forward, recover weight onto right sweeping left from front to back
3&4 Turn $\frac{1}{2}$ left step left behind right, step right to right, step left forward (9:00)
5-6 Step right to right, step left to left
7&8 Step right back, lock left over right, step right back

SEC 4: Back Rock, $\frac{1}{2}$ Shuffle, Back Rock, Side Rock Cross

1-2 Rock left back, recover weight onto right
3&4 Turn $\frac{1}{2}$ right step left back, cross right over left, step left back (3:00)
5-6 Rock right back, recover weight onto left
7&8 Rock right to right, recover weight onto left, cross right over left

SEC 5: Step $\frac{1}{8}$, $\frac{1}{2}$ Box Turn, Back Rock, $\frac{1}{8}$ Ball Step, $\frac{1}{2}$ Pivot

1-2 Turn $\frac{1}{8}$ left step left forward, step right to right (1:30)
3-4 Turn $\frac{1}{4}$ left step left to left, turn $\frac{1}{4}$ left step right to right (7:30)
5-6 Rock left back, recover weight onto right
&7-8 Turn $\frac{1}{8}$ left step left forward, step right forward, pivot $\frac{1}{2}$ left transferring weight onto left (12:00)

SEC 6: Walk, Walk, Kick Ball Step, Step, $\frac{1}{2}$ Pivot, $\frac{1}{2}$ Back, Back

1-2 Step right forward, step left forward
3&4 Kick right forward, step right beside left, step left forward
5-6 Step right forward, pivot $\frac{1}{2}$ left transferring weight onto left (6:00)
7-8 Turn $\frac{1}{2}$ left step right back, step left back (12:00)

Restart Here on Wall 1 and 3

SEC 7: Back Drag, Ball Step, $\frac{1}{4}$ Pivot, Cross, $\frac{1}{4}$ Back, $\frac{1}{2}$ Shuffle

1-2 Step right back dragging left towards right over 2 counts
&3-4 Step left beside right, step right forward, pivot $\frac{1}{4}$ left transferring weight onto left (9:00)
5-6 Cross right over left, turn $\frac{1}{4}$ right step left back (12:00)
7&8 Turn $\frac{1}{4}$ right step right to right, step left beside right, turn $\frac{1}{4}$ right step right forward (6:00)

SEC 8: Rock, $\frac{3}{4}$ Shuffle, $\frac{1}{4}$ Walk Walk, Cross, Back

1-2 Rock left forward, recover weight onto right

- 3&4 Turn ½ left step left forward, step right beside left, turn ¼ left step left forward (9:00)
5-6 Turn ⅙ left step right forward, turn ⅙ left step left forward (6:00)
7-8 Cross right over left, step left back

Tag: At the end of Wall 2

Reverse Rocking Chair

- 1-2 Rock right back, recover weight onto left
3-4 Rock right forward, recover weight onto left

Huge thanks to Donna Leister for sending us this track.

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