

Forget Me

拍數: 64 牆數: 2 級數: Easy Intermediate
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音樂: Forget Me - Lewis Capaldi



[1-8] R Side Rock Recover, Cross Shuffle, L Side Rock Recover 1/4 Turn R, Shuffle Fwd L

1,2 Step R to R, Recover L
3&4 Cross R over L, Step L slightly to left, Cross R over L
5,6 Step L to L, Recover R with 1/4 Turn R (3)
7&8 Step L Fwd, Close R behind L, Step L Fwd

[9-16] Rock R Fwd, Recover L, Triple Full Turn R, Rock L Fwd, Recover R, Shuffle 1/2 Turn L

1,2 Step R Fwd, Recover L
3&4 Triple Full Turn R on Spot (R-L-R)
5,6 Step L Fwd, Recover R
7&8 Shuffle 1/2 Turn L with L-R-L (9)

[17-24] Repeat 1-8 (12)

[25-32] Repeat 9-16 (6)

33-40 Heel & Toe & Heel Hook Heel, & Heel & Toe & Heel Hook Heel (R&L)
1&2& Touch R Heel Fwd, Step R next to L, Touch L Toe Back, Step L next to R
3&4& Touch R Heel Fwd, Hook R in front of L, Touch R Heel Fwd, Step R next to L
5&6& Touch L Heel Fwd, Step L next to R, Touch R Toe Back, Step R next to L
7&8& Touch L Heel Fwd, Hook L in front of R, Touch L Heel Fwd, Step L next to R

[41-48] Rock R Fwd, Recover L, Shuffle 1/2 Turn R, Shuffle 1/2 Turn R, Rock Recover

1,2 Rock R Fwd, Recover L
3&4 Shuffle 1/2 Turn R (R-L-R) (12)
5&6 Shuffle 1/2 Turn R (L-R-L) (6)
7,8 Rock Back R, Recover L

Restart here during wall 3

[49-56] Walk Fwd R-L, Mambo R, Walk Back L-R, Coaster Step

1,2 Walk Fwd R, Walk Fwd L
3&4 Rock Fwd R, Recover L, Step Back R
5,6 Walk Backwards L, Walk Backwards R
7&8 Step Back L, Step R next to L, Step Fwd L

[57-64] Repeat 41-48

Tag: After Wall 2 add: 1-4 Hip Sways: R-L-R-L