

# Forget Me

拍數: 64      牆數: 2      級數: Easy Intermediate  
編舞者: Elisabeth Elkuch-Heid (CH/LIE) - November 2022  
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