

# Follow

拍數: 16      牆數: 4      級數: Beginner  
編舞者: Bruno Penet (FR) - September 2022  
音樂: Follow - William Beckmann : (CD : Faded Memories)



## SECT 1 : SIDE ROCK, ROCK BACK, SIDE ROCK, CROSS SHUFFLE

1-2      Step Right to right side, recover weight on Left  
3-4      Step Right back, recover weight on Left  
5-6      Step Right to right side, recover on Left  
7&8      Cross Right over Left, step Left on left side, cross Right over Left

## SECT 2 : SIDE ROCK With ¼ TURN R, SHUFFLE FWD, FULL TURN FWD, KICK BALL STEP

1-2      Step Left to left side, ¼ turn right & recover weight on Right (3:00)  
3&4      Step Left forward, step Right beside Left, step Left forward  
5-6      ½ turn left & step Right back (9:00), ½ turn left & step Left forward (3:00)

### Option : Step Right forward, step Left forward

7&8      Kick Right forward, step Right together, step Left forward

## REPEAT

### TAG 1 After the 2th & the 4th wall, add the steps :

#### ROCK FWD, TOE STRUT BACK, ROCK BACK, HEEL STRUT FWD

1-2      Step Right forward, recover weight on Left  
3-4      Touch Right Toe back, drop Right Heel  
5-6      Step Left back, recover weight on Right  
7-8      Touch Left Heel forward, drop Left Toe

### PIVOT TURN L X2, [STEP SIDE, TOUCH] R & L

1-2      Step Right forward, ½ turn left & recover weight on Left  
3-4      Step Right forward, ½ turn left & recover weight on Left  
5-6      Step Right to right side, touch Left Toe beside Right  
7-8      Step Left to left side, touch Right Toe beside Left

### TAG 2 After the 11th Wall, add the steps :

#### STOMP, HOLD X3

1      Stomp Right beside Left (slightly on the side)  
2-3-4      Hold on the 3 times

### FINAL: 16th Wall, after the 4th Count of the 2th section, add the steps :

#### STOMP FWD

1      Stomp Right forward

Bruno Penet ("Challenge Boy") – CRAZY DANCERS OF COUNTRY MUSIC

Site : <http://challengeboy.free.fr/>

Last Update: 15 Sep 2023