

Forget You

拍數: 64 牆數: 4 級數: Low Intermediate
編舞者: Dawna St. Pierre (USA) - February 2023
音樂: Forget You - CeeLo Green



Count In: Dance begins after 16 counts

Notes: No tags or restarts

(1-8) Walk back R, touch L back, 1/4 Pivot L foot, R swivel heel, toes, heel, toes

1,2 1) Walk back R, 2) touch L back
3,4 3) L foot 1/4 pivot L (facing 9:00 o'clock) 4) Hold
5,6,7,8 5) Swivel R heel toward L 6) Swivel R toes towards L 7) Swivel R heel toward L 8)
Swivel R toes towards L

(9-16) R foot Flick diagonally across L, unwind, R side rock recover, R cross over L, triple step.

1,2 1) Flick R foot diagonally 2) Cross R over L
3,4 2 counts to unwind (ending with L over R)
5,6 5) R rock to R side 6) recover on L (weight on L)
7& 8 7) Cross R over L &) L step out 8) Cross R over L

(17-24) ¼ turn, L forward Rock recover, Jump change R heel, L heel, R heel, swivel R heel out and in

1,2 1) ¼ turn (facing 9:00 o'clock) L forward rock 2) recover on R
&3, 4 (&) L next to right, (3) R heel forward, (4) Hold
&5,& 6 (&) R next to Left, (5) L heel forward, (&) L next to Right (6) R heel forward
7,8 (7) R heel swivel out (8) R heel swivel in

(25-32) R Sailor step to L side, Weave to R, syncopated weave to R

1, 2, 3 (1) R behind L 2) L step to L side 3) R step to R side
4,5, 6 (4) L cross behind R, (5) R step out (6) L cross over R
&7, &8 (&) R step out (7) L cross behind R (&) R step out (8) L cross over R

(33-40) R Rhonde sweep diagonally, turning jazz box, R step 1/4 pivot toward L with hip roll

1,2 Sweep R from back to front on the diagonal (for 2 counts facing 1:00 o'clock)
3,4 (3) Cross R over Left 1/8 (facing 3:00 o'clock), (4) L step back
5,6 (5) R step next to L (6) L step forward
7, &8 7) R step forward, &8) R ¼ pivot toward L (facing 12:00 o'clock) while rolling hip counter
clockwise

(41-48) R step forward ¼ pivot toward L (facing 9:00 o'clock), hip roll, R cross Left pop heels while snapping both hands, L step pop heels while snapping, R cross L pop heels while snapping

1, & 2 1) R step forward, &2) ¼ pivot toward L (facing 9:00 o'clock) while rolling hips counter
clockwise
3,& 4 (3) R cross over L (4) pop both heels while leaning forward and snapping both hands
5&, 6 (5) L step side (6) pop both heels while leaning forward and snapping both hands
7,&8 (7) R cross over L (8) pop both heels while leaning forward and snapping both hands

(49-56) L step ¼ turn (facing 12:00 o'clock) rock forward recover, L coaster step, R ½ pivot toward Left, R ½ pivot toward Left

1,2 1) L step forward ¼ turn (facing 12:00 o'clock) 2) recover R back
3,& 4 3) L step back &) R back next to L 4) L step forward
5,6 5) R step forward 6) ½ pivot toward L (facing 6:00 o'clock)
7,8 7) R step forward 8) ½ pivot toward L (facing 12:00 o'clock)

(57-64) R step side, Figure 8 toward right, L step side, R cross behind L, L step side, R step next to L

1,2 (1) R step side, (2) L step behind R

3,4 (3) R step $\frac{1}{4}$ (facing 3:00 o'clock) (4) L step forward

5,6 (5) $\frac{1}{2}$ pivot toward R (6) L step side (facing 12:00 o'clock)

7,8 (7) R cross behind L (8) L step side

Last Update: 9 Jun 2023
