

Forget About Me

拍數: 64 牆數: 2 級數: Improver
編舞者: Betty George (NZ) - May 2024
音樂: Forget About Me - The Bellamy Brothers



Start on vocals

[1-8] Weave Across, Cross-Recover, Triple Step

1-4 Cross R over L, step L to side, cross R behind L, step L to side
5-6 7&8 Cross R over L, recover on L, triple step R.L.R. [12.00]

[9-16] Weave Across, Cross Recover - ¼ Turn Triple Step

1-4 Cross L over R, step R to side, cross L behind R, step R to side
5-6 7&8 Cross L over R, recover on R, turn ¼ left & triple step L.R.L. [9.00]

[17-24] ¼ Pivot- Forward-Recover, Back- Recover-Forward-Recover

1-4 Step R fwd, ¼ pivot left, step R fwd, recover on L
5-8 Step R back, recover on L, step R fwd, recover on L [6.00]

[25-32] Back Lock-Hold, Coaster Step-Hold

1-4 Step R back, lock L over R, step R back, hold
5-8 Step L back, step R beside L, step L fwd, hold [6.00]

[33-40] ¼ Pivot – Cross -Hold Side-Recover – Cross-Hold

1-4 Step R fwd, ¼ pivot left, cross R over L, hold
5-8 Step L to side, recover on R, cross L over R, hold [3.00]

[41-48] ½ Pivot – Shuffle Forward, ¼ Pivot – Shuffle Forward

1-2 3&4 Step R fwd, ½ pivot left, shuffle fwd R.L.R.
5-6 7&8 Step L fwd, ¼ pivot right, shuffle fwd L.R.L. [12.00]

[49-56] Rhumba Box

1-4 Step R to side, step L beside R, step R fwd, touch L beside R
5-8 Step L to side, step R beside L, step L back, touch R beside L [12.00]

[57-64] Back-Recover - ½ Turn Triple Step, Back-Recover-Shuffle Forward

1-2 3&4 Step R back, recover on L, turn ½ left & triple step R.L.R.
5-6 7&8 Step L back, recover on R, shuffle fwd L.R.L. [6.00]