

# Follow Me

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Alisa Hart (USA) - November 2024  
音樂: Goodbye Ole Me - Consumed By Fire



\*1 tag, 1 restart

\*Dance starts after tag 1, tag 1 starts 8 counts after the music starts

\*Tag 1

**Walk R L, V step, vaudeville R with a ¼ turn L**

1 2 3&4&      Walk R L, step R out, step L out, step R back, step L back together  
5 6&7&8      Step R to R side(5), step L behind R(6), step R to R side(&), tap L heel out to L(7), step down on L(&), cross R over L making a ¼ L(8)

**Vaudeville L, heel grind ¼ turn R, R coaster**

1 2&3&4      Step L to L side(1), step R behind L(2), step L to L side(&), tap R heel out to R(3), step down on R(&), cross L over R(4)  
5 6 7&8      Pant R heel with toe up and fan toe to the R making a ¼ turn R(5 6), step back R, step L next to R, step R forward

**Step out R, step out L, walk R L R L R, hold for 1**

1 2 3 4      Exaggerated step out L and hold (1 2), exaggerated step out R and hold (3 4)  
5&6&7 8      Walk R L R L R(5&6&7), hold for 8

\*beginning of dance

**Walk R L, Kick ball step out, slide R, behind & cross & tap R foot behind L**

1 2 3&4      Walk R L, kick R foot out in front(3) of you stepping down R(&)and stepping out L(4)

\*restart on wall 2 after count 4

5 6 7&8&      Slide R(5 6), L behind R(7), step R(&), cross L over R(8), tap L toe behind R foot(&)

**L coaster step, V step, apple jacks**

1&2 3&4      Step back L, R next to L, L foot forward, Step R diagonally R, step L diagonally L, bring R foot back, bring L foot back together  
5&6& 7&8&      Swivel L heel to the right while R toe swivels to the right(5), bring heel and toe back to center(&), swivel R heel to the left while L toe swivels to the left(6), bring heel and toe back to center (&), \*repeat steps for counts 7&8&\* \*weight ends L\*

**Cross R, step L, chasse ¾ turn, ½ Rumba-box, chasse ½ turn**

1 2 3&4      Cross R over L, step L out to L side, chasse ¾ turn turning over your R shoulder (face 9'clock)  
5&6 7&8      Step L to L side(5), step R next to L(&), step L back(6), chasse ½ turn over R shoulder (face 3'clock)

**Rock R, V step back, slide back R with a ½ turn, mambo L**

1 2 3&4&      Rock L foot forward, recover R, step back L R L tap R next to L in a backwards V step (3&4&)  
5 6 7&8      Slide back R making a ½ turn over your R shoulder(5 6), rock L to L side, recover R, step L next to R

Last Update: 2 Jan 2025