

# Follow Me Warm-Up - Number Five

**COPPER KNOB**  
STEPPERS

拍數: 32                      牆數: 1                      級數: Senior / Beginner  
編舞者: Sandy Kerrigan (AUS) - February 2025  
音樂: Lucky Star - Ricky Nelson  
或: Little Ole Wine Drinker, Me - Dean Martin  
或: Sweet Nothings - The Dean Brothers  
或: Heart Is Right - Carlene Carter  
或: Any suitable - Warm-up Music



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**Dance Info: There are no tags or restarts in the warm-up – just follow the leader.**  
**The warm-up was thought up for fun, and thinking purposes.**  
**You may instruct from the start! Then let the group fill in the rest, by following.**  
**The dances will be slow to medium tempo, and never have any restarts or tags. Just follow!**  
**Suitable for split floors, and the beginner dancer.**  
**Note: 4 Wall Dance: Modify the last 4 counts: Turning ¼ L**  
**Step L to L, Step R next to L, Turning ¼ L-Step Fwd L, Scuff R**

## **Right Fwd V- Step, R Fwd Rocking Chair 12:00**

1 2                      Step R out Fwd to R Diagonal, Step L our Fwd to L Diagonal (feet apart)  
3 4                      Step R Back to Centre, Step L next to R  
5 6 7 8                  Rock Fwd R, Replace Back to L, Rock Back R, Replace Fwd to L

## **Step Fwd, Tap, Step Fwd, Tap, Step Fwd, Tap, Step Fwd, Tap (clap on the taps). 12:00**

1 2 3 4                  Step Fwd R, Tap L Together, Step Fwd L, Tap R Together  
5 6 7 8                  Step Fwd R, Tap L Together, Step Fwd L, Tap R Together

## **Walk Back R, Back L, Back R, Kick L Fwd, Walk Back L, Back R, Back L, Hitch R 12:00**

1 2 3 4                  Step Back R, Step Back L, Step Back R, Kick L  
5 6 7 8                  Step Back L, Step Back R, Step Back L, Hitch R

## **Step R to R, Step Together, Step Side, Hitch L, Step Side, Together, Side, Scuff R 12:00**

1 2 3 4                  Step R to R Side, Step L next R, Step R to R, Hitch L  
5 6 7 8                  Step L to L, Step R next to L, Step L to L, Scuff R next to L

**[32]**

**Note: As noted above: This dance is also 4 Walls.**

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