

Follow Me Warm-Up - Number Six

COPPER KNOB
STEPPERS

拍數: 32 牆數: 1 級數: Senior / Beginner
編舞者: Sandy Kerrigan (AUS) - February 2025
音樂: Somethin' Stupid - Robbie Williams & Nicole Kidman
或: Blowin' Smoke - Teddy Swims
或: Angelina - Lou Bega
或: Any suitable - Warm-up Music



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.

Weave R, Side Rock Step, R Cross Shuffle 12:00

1 2 3 4 Step R to R, Step L Behind R, Step R to R, Cross L over R
5 6 7 & 8 Rock R to R Side, Rep to L, Cross R over L, Small L to L Side, Cross R over L

Step Side, Together, Step Side, Together, L Side Shuffle, Back Rock Step 12:00

1 2 3 4 Step L to L, Step R next to L, Step L to L, Step R next to L,
5 & 6 7 8 Step L to L, Step R next to L, Step L to L, Rock Back R, Replace Fwd L

Cross, Point, Cross, Point, R Jazz Box 12:00

1 2 3 4 Cross R over L, Point L to L Side, Cross L over R, Point R to R Side
5 6 7 8 Cross R over L, Step Back on L, Step R to R Side, Step L over R

Step Side, Together, R Side Shuffle, Rock Back, Step Side, Tap Together 12:00

1 2 3 & 4 Step R to R, Step L next to R, Step R next to L, Step L next to R, Step R to R Side
5 6 7 8 Rock Back L, Replace to R, Step L to L Side, Tap R next to L

[32]

Note: This dance is also a 4 Wall dance: Turn the Jazz Box $\frac{1}{4}$ R.