

# Nah Follow Dem

拍數: 32                      牆數: 4                      級數: Beginner  
編舞者: BGC (INA) - February 2025  
音樂: Nah Follow Dem - Sean Paul



**NO TAG NO RESTART. Dance start approx 0:20 (intro = 32 count)**

## **S1. R CROSS TOUCH- R SIDE TOUCH – CROSS SAMBA – L CROSS TOUCH – L SIDE TOUCH - CROSS SHUFFLE**

1-2                      Touch R toe cross over LF(1), touch R toe to right side (2)  
3&4                      Cross RF over LF (3), Step LF to side(&), recover on RF (4)  
5-6                      Touch L toe cross over RF (5), touch L toe to left side (6)  
7&8                      Cross LF over RF (7), step RF to side (&), cross LF over RF(8)

## **S2. R,L SIDE MAMBO – R,L STATIONARY SAMBA WALK**

1&2                      Step RF to side (1), recover on LF (&), close RF next to LF (2)  
3&4                      Step LF to side (3), recover on RF (&), close LF next to RF (4)  
5&6                      Step RF back (5), Ball LF in place (&), Close RF beside LF (6)  
7&8                      Step LF back (7), Ball RF in place (&), Close LF beside RF(8)

## **S3. STEP FWD – LOCK - FWD LOCK SHUFFLE – TURN ¼ L STEP FWD WITH BODY MOVE – LOCK - FWD LOCK SHUFFLE**

1-2                      Step LF fwd (1), lock LF behind RF (2)  
3&4                      Step Rf fwd (3), lock LF behind RF (&), step Rf fwd (4)  
5-6                      Turn ¼ to L with body wave Step LF fwd (5), lock RF behind LF (6)  
7&8                      Step LF fwd (7), lock RF behind LF (&), step LF fwd (8)

## **S4. R SKATE – R DIAGONAL LOCK SHUFFLE – L SKATE – L DIAGONAL LOCK SHUFFLE**

1-2                      Skate RF to R diagonally fwd (1), skate LF to L diagonally (2)  
3&4                      Step RF to R diagonally fwd (3), lock LF behind RF (&), step RF fwd (4)  
5-6                      Skate LF to L diagonally fwd (5), skate RF to R diagonally (6)  
7&8                      Step LF to L diagonally fwd (7), lock RF behind LF (&), step LF fwd (8)

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