

Forget About Me

COPPERKNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
編舞者: Amanda Diesel (UK)
音樂: Forget About Me - The Bellamy Brothers



SKATE FORWARD TWICE, FORWARD SHUFFLE, SKATE FORWARD TWICE, FORWARD AND BACK ROCK

1-2 Skate forward right, skate forward left
3&4 Step forward right, close left beside right, step forward right
5-6 Skate forward left, skate forward right
7&8 Rock forward on left, replace weight on right, rock back on left

ROCK & CROSS TWICE, STEP TOGETHER, CHASSE

9&10 Rock right to right side, replace weight on left, cross right over left
11&12 Rock left to left side, replace weight on right, cross left over right
13-14 Step right to right side, close left beside right
15&16 Step right to right side, close left beside right, step right to right side

STEP, TOGETHER, CHASSE, ROCK & ¼ TURN TWICE

17-18 Step left to left side, close right beside left
19&20 Step left to left side, close right beside left, step left to left side
21&22 Rock forward on right, back on left, ¼ turn right (face 3:00)
23&24 Rock forward on left, back on right, ¼ turn left (face 12:00)

ROCK, SHUFFLE ½ TURN, ROCK, COASTER

25-26 Rock forward on right, back on left
27&28 Shuffle ½ turn right, stepping right-left-right
29-30 Rock forward on left, back on right
31&32 Step left back, step right beside left, step left forward
Steps 31&32 can be replaced with a full turn left, stepping left, right, left

REPEAT
