

# 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



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## 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**

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