

Forget Me Not!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kim Ray (UK)
音樂: Forget-Me-Not - Gary Perkins & The Breeze



SIDE, KICK, SHUFFLE BACK, ROCK STEP, SHUFFLE FORWARD

1-2 Step left to left side, kick right to right diagonal
3&4 Shuffle back, right, left, right
5-6 Rock back on left, recover onto right
7&8 Shuffle forward, left, right, left

¼ PIVOT TURN, CROSS ROCK, ¾ STEP TURN, STEP FORWARD

9-10 Step forward on right, ¼ pivot turn left (weight on left)
11-12 Cross rock right over left, recover back onto left
13-14 ¼ turn right stepping on right, ¼ right stepping onto left
15-16 ¼ turn right stepping on right, step forward onto left

Optional: 13-15 rock alternate shoulders on each step

SHUFFLE FORWARD, ROCK STEP, TOUCH TURN, FULL SPIN

17&18 Right shuffle forward, right, left, right
19-20 Rock forward on left, recover back onto right
21-22 Touch left toe back, ½ turn left stepping down on left
23-24 Full spin left stepping right, left

¼ TURN TOUCH STEP, STEP BACK, HEEL TAP, STEP TURN, TRIPLE TURN

25-26 ¼ turn left and touch right toe in place, step down on right
27-28 Step back on left (leaning slightly back/facing left diagonal), tap right heel forward

Alternative: kick right forward

29-30 Step on right (slightly forward & across of left) starting to turn right, step back on left (completing ½ turn right)
31-32 Triple step, right, left, right making ½ turn right (steps 29-32 moving to left)

REPEAT

TAG

After wall 10, after instrumental finishes (you will be facing back wall). Start dance again from back wall a further four times. Dance tag (facing back wall) once, then first 8 counts of tag again.

SIDE STEPS & HOLDS, SIDE ROCK, SAILOR CROSS

1-2& Step left to left side, hold, step right next to left
3-4& Step left to left side, hold, step right next to left
5-6 Rock left to left side, recover onto right
7&8 Cross left behind right, step right to right side, cross left in front of right
9-16 Repeat tag 1-8 leading with right

FINISH

For a nice finish, unwind ½ turn right (to face front) arms up