

Forget-Me-Not

拍數: 36 牆數: 4 級數:
編舞者: Joanne Hocking (UK)
音樂: Forget-Me-Not - Gary Perkins & The Breeze



MONTEREY TURN

- 1 Touch right toe to right side
- 2 Return right foot to next to left, as you do this pivot ½ turn to your right
- 3 Touch left toe to left side
- 4 Return left foot next to right

- 5-6 Kick right foot forward twice
- 7 Step back onto right foot (bend left knee & raise left heel)
- 8 Drop left heel to floor (raise right heel)

MONTEREY TURN

- 9 Touch right toe to right side
- 10 Return right foot to next to left, as you do this pivot ½ turn to your right
- 11 Touch left toe to left side
- 12 Return left foot next to right

- 13-14 Kick right foot forward twice
- 15 Step back onto right foot (bend left knee & raise left heel)
- 16 Drop left heel to floor (raise right heel)

ROCK FORWARD, ROCK BACK, STOMP, STOMP

- 17 Rock forward onto right foot
- 18 Rock back onto left foot
- 19-20 Stomp right foot in place twice

ROLLING GRAPEVINE RIGHT

- 21 Step right foot to right side
- 22 Step left foot to right side turning ½ to right
- 23 Step right foot behind left turning ½ to right
- 24 Touch left beside right

STOMP, STOMP, HEEL SPLITS

- 25 Stomp right foot
- 26 Stomp left foot
- 27 Take weight onto balls of feet, split the heels apart
- 28 Bring heels back together

LEFT GRAPEVINE, ¼ TURN

- 29 Step left foot to left side
- 30 Step right foot behind left
- 31 Step left foot to left side turning a ¼ left
- 32 Step right next to left

- 33-36 Rotate hips a full circle to the right and clap on 36

REPEAT

