

Follow Me

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Bob Bonett (USA)
音樂: Follow Me - Uncle Kracker



STEP WITH BUMPS, STEP WITH BUMPS, ROCK RECOVER ½ TURN SHUFFLE

1&2 Step forward on right bump hips right left right
3&4 Step forward left bump hips left right left
5-6 Rock forward on right, recover on left
7&8 ½ turn shuffle to right turning right left right

CROSS STEP SAILOR, STEP TURN ½, SIDE SHUFFLE

9-10 Cross left over right, step right to side
11&12 Step left behind right, step right to side, step left to side
13-14 Cross right over left, step left turning ¼ to right
15&16 ¼ turn shuffle to right turning right left right

ROCK, RECOVER, COASTER, STEP ¼ TURN CROSS SHUFFLE

17-18 Rock forward on left, recover on right
19&20 Step back on left step together right step forward on left
21-22 Step forward on right turn ¼ to left
23&24 Cross right over left, step left to side cross right over left

SIDE SHUFFLE, ½ TURN SIDE SHUFFLE, WALK, WALK, FORWARD SHUFFLE

25&26 Side shuffle to left (left, right, left)
27&28 Turn ½ turn to right shuffle to side right left right
29-30 Walk forward left, right
31&32 Shuffle forward (left, right, left)

REPEAT
