

Follow Me

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Todd Lescarbeau (USA) & Madge Andrews (USA)
音樂: Follow Me - Uncle Kracker



ROCK STEPS AND COASTERS

1-2 Rock forward on left foot, recover
3&4 Step back on left, step back on right, step forward on left
5-6 Rock forward on right foot, recover
7&8 Step back on right, step back on left, step forward on right

CROSS, SIDE, SAILOR-STEPS

1-2 Cross step left over right, step right foot to side -angle body slightly to left
3&4 Step left behind right, right steps to side, left steps to left
5-6 Cross step right over left, step left foot to side-angle body slightly to right
7&8 Step right behind left, left steps to side, right steps to right

CROSS-STEPS AND SIDE TOUCHES

1-2 Cross step left over right, touch right toe to side
3-4 Cross step right over left, touch left toe to side
5-6 Cross step left over right, touch right toe to side
7-8 Cross step right over left, touch left toe to side

WALK BACK, SHUFFLE BACK, *WALK BACK, ¼ TURN RIGHT WITH SIDE SHUFFLE

1-2 Walk back left, right
3&4 Shuffle back on left (step back on left, step right to left instep, step back on left)
5-6 Walk back right, left
7&8 Turn ¼ to right while shuffling to right (right, left, right)

For counts 5-6, you may execute a full turn traveling back

5 Turn ½ to right as you step on right foot
6 Turn ½ to right as you step back on left foot

For this variation, counts 7&8 are danced as described above. Coming out of a full turn into counts 7&8 will make the complete turn for counts 5-8 a total of 1 ¼ turn

REPEAT