

Follow Me

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Follow Me - Uncle Kracker



SYNCOPATED STEPS BACKWARDS, HIP BUMPS TRAVELING FORWARD

&1&2 Small step back on right, left next to right, small step back on right, left next to right
&3&4 Repeat counts &1&2

While traveling back on counts 1-4 right hand makes sign "follow me"

&5&6 Step right slightly forward and bump hips right, left, right (weight ending on right)
7&8 Step left slightly forward and bump hips left, right, left (weight ending on left)

On counts 5-6 right hand describes on hip height a small horizontal circle to the right, on counts 7-8 do the same with left hand

SIDE SHUFFLE RIGHT, STEP RIGHT, SLIDE, TOUCH, SIDE SHUFFLE LEFT, STEP LEFT, SLIDE, TOUCH

1&2 Step right to right, step left next to right, step right to right
3-4 Slide left next to right, touch left next to right (weight on right)
5&6 Step left to left, step right next to left, step left to left
7-8 Slide right next to left, touch right next to left (weight on left)

POINT FORWARD, POINT RIGHT, SWEEP ½ TURN RIGHT, SHUFFLE FORWARD, ROCK STEP

1-2 Right toe points forward, right toe points right
3-4 Right sweeps in a half circle behind left while making ½ turn right on ball of left
5&6 Right step forward, left forward behind right, right step forward
7-8 Step forward on left, replace weight on right

CRISS-CROSS, UNWIND, CLAP TWICE, ROCK STEP LEFT WITH HIP BUMP, ROCK STEP RIGHT WITH HIP BUMP

1-2 Jump apart with both feet (shoulder width), jump into crossed position with both feet (right crossing over left)
3&4 Unwind ½ turn left and clap twice (weight on right)
5-6 Rock onto left foot while bumping hip left, replace weight on right while making 1/8 turn left and bumping hip to right
7-8 Rock onto left foot while bumping hip left, replace weight on right while making 1/8 turn left and bumping hip to right

REPEAT