### 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"

Step right slightly forward and bump hips right, left, right (weight ending on right)

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)

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