

Follow The Leader

拍數: 32 牆數: 4 級數: Intermediate
編舞者: William Ambrose (UK)
音樂: Follow The Leader - LCD



SIDE BEHIND, SIDE, CROSS, HEEL JACK, SIDE, CROSS SIDE, HEEL JACK, STEP

1-2 Step left to left side, cross right behind left
& Step left to left side
3&4 Cross right over left, step left back, touch right heel diagonally forward
& Step right beside left
5-6 Cross left over right, step right to right side
& Step left behind right
7&8 Step right back, touch left heel diagonally forward left, step left beside right

ROCK FORWARD, COASTER STEP, ROCK FORWARD, TRIPLE STEP ½

9-10 Rock forward on right, back on left,
11&12 Step right back, step left beside right, step right forward
13-14 Rock forward on left, back on right
15&16 Triple step a ½ turn left stepping left, right, left

HOPS TRAVELING FORWARD, PIVOT ¼, SAILOR STEP

17-18 (With both feet together) hop forward to right and left diagonals but keep facing the wall in front of you
19&20 Continue another 3 times with the hops
To keep you stable extend your arms out to the sides or walk forward four steps
21-22 Step right forward, pivot a ¼ turn left
23&24 Step right behind left, step left to left side, step right beside left

1 ½ TURN LEFT, OUT AND IN STEPS TRAVELING FORWARD

25-26 Step left a ½ turn left, on ball of left turn a ½ turn left stepping right to right side
27&28 Triple step a ½ turn left stepping left, right, left
& Step right beside left
29&30 Step left out to left side, step right out to right side, step left into center
& Step right into center
31&32 Step left out to left side, step right out to right side, touch left beside right

REPEAT

When the man starts saying clap and wave, on steps 21-24 use your right hand to circle to the right in front of your body. On steps 21 - 22 you should complete one revolution of your hand and on steps 23&24 two revolutions. Use this wave as many times as you like throughout the dance. Try the claps too if you can master them while dancing. Strike a pose at the end of the dance when he says "and freeze"