

# Follow This

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



## **&, STEP, BEHIND, &, STEP, BEHIND, ROCK STEP, ROCK STEP**

&1-2      Step left slightly back, step right forward on 45, step left behind right  
&3-4      Step right next to left, step left forward on 45, step right behind left  
&5-6      Step left next to right, rock step forward on right, recover in place on left  
7-8      Rock step back on right, recover in place on left

### **Option for count 5-8**

5-6      Skate right, skate left  
7-8      Skate right, skate left

## **ROCK STEP, STEP LOCK STEP, TOUCH TURN, STEP TURN**

1-2      Rock step forward on right, recover in place on left  
3&4      Step back on right, lock step left over right, step back on right  
5-6      Touch left toe straight back, turn ½ turn left shifting weight to left foot  
7-8      Step forward on right, turn ½ turn right shifting weight back to left

## **RIGHT, BEHIND, &, CROSS, STEP, & CROSS, TURN, STEP, LOCK, STEP**

1-2      Step right to right, step left behind right  
&3-4      Step right in place and slightly back, cross step left over right, step right to right side  
&5-6      Step left in place and slightly back, cross step right over left, step left on left foot turning ¾  
turn right hooking right foot over left shin  
7&8      Step forward on right, lock step left up behind right, step forward on right

## **STEP, TURN, TURN, TURN, STEP, LOCK, STEP, MAMBO, TOUCH**

1-2      Step forward on left, turn ½ turn right shifting weight to right  
3-4      Stepping forward on left and turn ½ turn right, turn ½ turn right and step forward on right  
5&6      Step forward on left, lock step right up behind left, step forward on left  
7&8      Rock forward on right, recover in place on left, step right next to left

## **REPEAT**

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