

Follow Me Home

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Teresa Lawrence (UK) & Vera Fisher (UK) - July 2007
音樂: Follow Me Home - Sugababes : (CD: Taller in more Ways)



Start dance. 32 count intro, 1st step is just before main vocals.

STEP SIDE, ROCK BACK REPLACE 1/4, R LOCK BACK, ROCK & SPIN, SHUFFLE FWD

1 Take large step out to R side
2&3 Rock back on L slightly behind R, replace weight on R, making ¼ turn R, step back on L
4&5 Step back on R, lock L in front of R, step back on R
6&7 Rock back on L, replace weight on R, step fwd on L and spin full turn R hooking R foot in front of L calf
(Option, if you don't want to spin then just step fwd on L)
8&1 Shuffle fwd on R [3 o'clock]

TWINKLE-ish! SAILOR 1/4 TURN x 2

2&3 Cross L over R, step R to R side, step back on L to slight L diagonal
4&5 Step R behind L, make ¼ turn L stepping L to L side, step R to R side
6&7 Repeat counts 2&3
8&1 Repeat counts 4&5 [9]

CROSS ROCK STEP BACK, ROCK BACK REPLACE STEP FWD, CROSS ROCK REPLACE 1/4, TRIPLE FULL TURN

2&3 Cross Rock L over R, replace weight on R, step back on L to slight L diagonal
4&5 Rock back R slightly behind L, replace weight on L, step fwd on R to slight R diagonal
6&7 Cross rock L over R, replace weight on R, make ¼ turn L stepping fwd on L
8&1 Triple whole turn L travelling fwd stepping R.L.R (Option, shuffle fwd instead of turn) [6]

2 PRISSY WALKS, QUICK 1/2, WEAVE

2-3 Walk fwd L, R
4&5 Step fwd L, make ½ turn R stepping fwd on R, step fwd L,
6-7-8& Cross R over L, step L to L side, step R behind L, step L to L side [12]

KICK CROSS ROCK REPLACE KICK & TOUCH x2

1&2& Kick R across L, cross R over L, rock L to L side, replace weight on R
3&4 Kick L across R, cross L over R, touch R to R side
5&6& Repeat counts 1&2& *RESTART here on wall 5 facing home wall
7&8 Repeat counts 3&4 *RESTART here on walls 2 facing back wall & 4 facing home wall

WHOLE TURN, CHASSES, TWINKLE-ish 1/2, TWINKLE CROSS

1-2 Travelling to R side make a full turn R stepping R, L
(Option, instead of turn step R to R side, step L next to R)
3&4 Chasses R to R side
5&6 Cross L over R, making 1/4 turn L step back on R, make another 1/4 turn L stepping L to L side
7&8& Cross R over L, step L to L side, step R to R side, cross L over R. [6]

Restarts: 3, all hopefully easy ish to hear in the music!

1st one on WALL 2 do up to & including counts 1 to 8 of the 3rd section, the kick cross rock bit, start dance from beginning facing the 6 o'clock wall.

2nd one will be in the SAME place in the dance on WALL 4 facing the home wall.

3rd one is in 5th SECTION, END of counts 3&4 facing home wall. They are pretty easy really! Honest!

Dance goes out of phrase for 1 wall, at the end, dance will end on the cross rock replace 1/4, triple full turn, facing the front

Luv T&V xx

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