

# 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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