

Forget You

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Chris Cleevely (UK) - November 2010
音樂: Forget You - CeeLo Green



Start on vocals (16 count intro).

2 x Right Kick Ball Steps; Forward Rock, Recover; ¼ Turn Right, Chasse ¼ Turn Right

- 1 & 2 Kick right forward, take weight on ball of right, step forward on left
- 3 & 4 Kick right forward, take weight on ball of right, step forward on left
- 5 - 6 Rock forward on right, recover weight on left
- 7 & 8 Making ¼ turn right, step right to right side, step left together, ¼ turn right stepping forward on right (6.00 o'clock)

Forward Left Shuffle; Forward Rock, Recover, ¼ Turn Right, Chasse ¼ Turn Right; ½ Turn Shuffle Right

- 9 & 10 Shuffle forwards stepping left/right/left
- 11 - 12 Rock forward right, recover weight on left
- 13 & 14 Making ¼ turn right, step right to right side, step left together, ¼ turn right stepping forward on right (12.00 o'clock)
- 15 & 16 Shuffle ½ turn right, stepping left/right/left (6.00 o'clock)

Right Coaster Step; Forward Rock, Recover; Left Coaster Step; Forward Rock, Recover

- 17 & 18 Step back on right, step left beside right, step forward on right
- 19 - 20 Rock forward on left, recover weight on right
- 21 & 22 Step back on left, step right beside left, step forward on left
- 23 - 24 Rock forward on right, recover weight on left

Syncopated Jazz Box, Touch; Syncopated Jazz Box, Point

- 25 - 26 Cross right over left, step back on left
- & 27 - 28 Change weight onto right, step forward on left, touch right toe beside left
- 29 - 30 Cross right over left, step back on left
- & 31 - 32 Change weight onto right, step forward on left, point right to right side

Monterey Half Turn, Point; 2 x Heel Ball Cross

- 33 - 34 Make ½ turn right, stepping right next to left, point left to left side (12.00 o'clock)
- 35 - 36 Step left in place, point right to right side
- 37 & 38 Present right heel forward, take weight on ball of right, cross left over right
- 39 & 40 Present right heel forward, take weight on ball of right, cross left over right

Side Rock, Recover; Right Diagonal Coaster Step; Left Lock, Left, Lock, Left on Right Diagonal

- 41 - 42 Rock right to right side, recover weight on left
- 43 & 44 On right diagonal, step back on right, step left beside right, step forward on right
- 45 - 46 Still on right diagonal, step forward on left, lock right behind left
- 47 & 48 Step forward on left, lock right behind left, step forward on left

Side Rock, Recover; Behind, Side, Step to Left Diagonal; Left Lock, Left, Lock, Left on Left Diagonal

- 49 - 50 Rock right to right side, recover weight on left
- 51 & 52 Cross right behind left, step left to left side, step right forward on left diagonal
- 53 - 54 On left diagonal, step forward on left, lock right behind left
- 56 & 56 Step forward on left, lock, right behind left, step forward on left

1/8th Turn Left; Right Back Mambo; Twist, Twist; Back Rock, Recover

- 57 - 58 Step, pivot 1/8th of a turn left (9.00 o'clock)

59 & 60 Rock back on right, recover weight on left, step right in place
61 - 62 Twist heels to the right, twist heels to the centre
63 - 64 Rock back on right, recover weight on left

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