

Forget You

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Wendy Hughes (AUS) & Travis Taylor (AUS) - August 2011
音樂: Forget You - CeeLo Green



R Sailor, L Sailor, ¼ Forward, Hold, Full Turn

1&2 Step R behind L, Step L to L side, Step R to R side
3&4 Step L behind R, Step R to R side, Step L to L side
5-6 ¼ turn R Step forward on R, Hold
7-8 ½ turn R step L back, ½ turn R step R forward

Shuffle Forward L, Shuffle Forward R, Rock Forward/Replace, Reverse Pivot

1&2 Step forward on L, Step together on R, Step forward on L
3&4 Step forward on R, Step together on L, Step forward on R
5-6 Rock forward on L, Replace weight on R
7-8 Touch L toe back, ½ turn L putting weight on L (Reverse Pivot)

Kick Ball Side, Kick Ball Side, Cross Unwind, Cross Unwind

1&2 Kick R across L, Step R ball together, Step L slightly to L side (travel fwd)
3&4 Kick R across L, Step R ball together, Step L slightly to L side (travel fwd)
5-6 Cross R over L, Unwind ½ turn L putting weight on R
7-8 Cross L over R, Unwind ½ turn R putting weight on L

Point, Hold & Point, Hold & Pivot ½, Rock Forward/Replace

1-2& Point R to R side, Hold, Step/Switch R next to L
3-4& Point L to L side, Hold, Step/Switch L next to R
5-6 Step forward on R, ½ turn L Pivot weight on L
7-8 Rock forward on R, Replace weight on L

Walk Back R, L, Coaster Step, Step Forward, Bounce ½ turn R

1-2 Walk back on R, L
3&4 Step back on R, Step L together, Step forward on R
5-8 Step forward on L, Make a ½ turn R bounce both heels 3x (weight on L)

Rock Back/Replace, Shuffle Forward, Pivot ¼, Cross Shuffle

1-2 Rock back on R, Replace weight on L
3&4 Step forward on R, Step L together, Step forward on R
5-6 Step forward on L, ¼ turn R Pivot weight on R
7&8 Cross L over R, Step R ball together, Cross L over R

Side, Behind & Heel & Cross, Side, Behind & Heel & Cross

1-2 Step R to R side, Step L behind R
&3&4 Step R to R side, Touch L heel on L 45, Step L together, Cross R over L (Heel Jack)
5-6 Step L to L side, Step R behind L
&7&8 Step L to L side, Touch R heel on R 45, Step R together, Cross L over R (Heel Jack)

Side, Behind, ¼, Pivot ¼, Cross, Side Rock/Replace

1-2 Step R to R side, Step L behind R,
3-4 1/4 turn R step forward R, Step forward on L (prep for pivot)
5-6 1/4 turn R take weight on R, Cross L over R,
7-8 Rock R to R side, Replace weight on L (hip sways)

***64 Counts - Start Dance Again**

No Tags Or Restarts – ENJOY !

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