

Forget U

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Christine Bass (USA) - September 2011
音樂: Forget You - CeeLo Green : (CD: The Lady Killer)



Alt.: "Forget You" by Glee Cast Version Feat. Gwyneth Paltrow (CD: Glee: The Music, Vol. 4)

16 count intro, start on lyrics

[S1] R HEEL/TOE R SHUFFLE FORWARD, L HEEL/TOE L SHUFFLE FORWARD

1-2 3&4 Right heel forward, right toe back, step right forward, step left slightly behind right, step right forward
5-6 7&8 Left heel forward, Left toe back, step Left forward, step right slightly behind Left, step Left forward

[S2] R OUT L OUT, R IN L IN, R JAZZ 1/4 TURN (3)

1-4 Step right out to right diagonal, step left out to left diagonal, step right to center, step left to center
5-8 Cross right over left, step left slightly back, step right to right side, step left slightly forward

[S3] R KICK CROSS POINT, L KICK CROSS POINT, R JAZZ 1/4 TURN (6)

1&2 Kick R Fwd, Cross R Over L, Point L to Left Side (travel fwd on these steps)
3&4 Kick L Fwd, Cross L Over R, Point R to Right Side (travel fwd on these steps)
5-8 Cross right over left, step left slightly back, step right to right side making a 1/4 turn right, step left slightly forward

[S4] 1/2 TURN R MONTEREY, R SIDE SHUFFLE, BACK ROCK L RECOVER R (12)

1-4 Touch right out to right side, On ball of left make 1/2 turn right, stepping right beside left. Touch left to left side, step left next to right
5&6 7-8 Step right to right side, step left next to right, step right to right side, back rock on left, recover forward on right

[S5] STEP L, R BEHIND, 1/4 TURN L SHUFFLE FORWARD, (9) R FORWARD ROCK-L RECOVER, R TRIPLE 1/2 TURN (3)

1-2 3&4 step left to left side, step right behind left, step left 1/4 turn, step right slightly behind left, step left forward
5-6 7&8 Rock right forward, recover back onto left, step right 1/4 turn, step left 1/4 turn, step forward right

[S6] L ROCK-R RECOVER, L 1/2 TRIPLE, 1/4 TURN, CROSS, R SIDE SHUFFLE (6)

1-2 3&4 Rock forward on left, recover on right, step left 1/4 turn, step right 1/4 turn left, step left forward
5-6 7&8 Step 1/4 turn left stepping right to right side, cross left over right, step right to right side, step left next to right, step right to right side

[S7] ROCK L BACK-R RECOVER, 1/2 SHUFFLE, 1/4 TURN, CROSS, R SIDE SHUFFLE (3)

1-2 3&4 Rock left back, recover right forward, step left 1/4 turn right, step right, 1/4 turn right, step back right
5-6 7&8 Right 1/4 turn stepping right to right side, cross left over right, step right to right side, step left next to right, step right to right side

[S8] STEP BACK L, TOUCH R, SHUFFLE R FORWARD, ROCK L-RECOVER R, 1/2 SHUFFLE L (9)

1-2 3&4 Step left back, touch right toe in front of left, step forward right, step left slightly behind right, step right forward

5-6 7&8 Rock left forward, recover back on right, turn 1/4 left stepping left to left side, step right next to left making a 1/4 turn, step left to left side

Last Revision - 21st November 2011
