

I'm Following You

拍數: 48 牆數: 4 級數: Beginner / Improver
編舞者: Justine Brown (UK) - January 2011
音樂: Live It Up - Chris Isaak : (Album: Beyond The Sun)



48 Count Intro, Start On Vocal

Section 1: Heel Bounces

- 1 - 4 Touch Right Toe Forward, Bounce Heel 3x Ending with weight on Right .
5 - 8 Touch Left Toe Forward, Bounce Heel 3x Ending with weight on Left.

Section 2: Toe Struts Back X2, Slow Coaster Step

- 1 - 2 Touch Right Toe Back, Heel Down apply weight 'click fingers'.
3 - 4 Touch Left Toe Back, Heel Down apply weight 'click fingers'.
5 - 6 Step Right Back, Step Left Beside Right.
7 - 8 Step Right Forward, Brush Left Forward.

Section 3: Rock, Recover, ½ Turn Left, Step, Pivot ½ Left, Cross

- 1 - 2 Rock Forward on Left, Recover Back onto Right.
3 - 4 Turn ½ over Left Stepping Forward on Left, Hold.
5 - 6 Step Right Forward, Pivot ½ Left.
7 - 8 Cross Right over Left, Hold.

(non turning option = 1 - 4 Left Mambo Rock Forward, 5 - 8 Right Coaster Cross)

Section 4: Side Rock, Recover, Weave Right, Cross Rock, Recover .

- 1 - 2 Rock Left to Left Side, Recover onto Right.
3 - 4 Cross Left Over Right, Step Right to Side.
5 - 6 Cross Left Behind Right, Step Right to Side.
7 - 8 Cross Rock Left Over Right, Recover Back onto Right

Section 5: Side, Touch, Side Touch, (handbag steps) Rolling Grapevine Left

- 1 - 2 Step Left to Left Side, Touch Right Beside Left
3 - 4 Step Right to Right Side, Touch Left Beside Right.
5 - 6 Step Left foot Forward Making ¼ Turn Left, ½ Turn Left Stepping Back on Right
7 - 8 ¼ Turn Left Stepping Left to Left Side, Brush Right Forward.

(non turning option = 5 - 8 Grapevine Left Brush)

Section 6: Jazz Box, Toe Strut Forward, Toe Strut ¼ Left.

- 1 - 2 Cross Right over Left, Step Back on Left.
3 - 4 Step Right to Side, Step Forward on Left.
5 - 6 Touch Right Toe Forward, Drop Heel apply weight
7 - 8 ¼ Turn Left, Touching Left Toe Forward, Drop Heel apply weight.

Song ends on the coaster step on the 9:00 wall. Why not swing your left leg over right and do a ¾ turn to the front for a "ta da" ending...

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