

# Forget Him

拍數: 32      牆數: 4      級數: Improver  
編舞者: Audri R. (UK) - May 2012  
音樂: Forget Him - Bobby Rydell : (CD: Cameo Parkway: The Best of ..1959-1964 - iTunes)



Intro: 8

## TOE STRUTS FORWARD RUMBA BOX FORWARD TOE STRUTS FORWARD, RUMBA BOX BACK

1&2&      Step right toe forward, drop right heel, step left toe forward, drop left heel  
3&4      Step right side, step left together, step right forward  
5&6&      Step left toe forward, drop left heel, step right toe forward, drop right heel  
7&8      Step left side, step right together, step left back

## TOE STRUTS BACK, SHUFFLE BACK, TOE TOUCH BACK, TURN ½ LEFT, SHUFFLE FORWARD

1&2&      Step right toe back, drop right heel, step left toe back, drop left heel  
3&4      Chassé back right-left-right  
5-6      Step left toe back, turn ½ left and drop left heel (6:00)  
7&8      Chassé forward right-left-right

## MONTEREY ¼ TURN, TOUCH, SIDE CLOSE SIDE, BACK ROCK RECOVER SIDE, SAILOR STEP

1&2&      Touch left side, turn ¼ left and step left together, touch right side, touch right together (3:00)  
3&4      Chassé side right-left-right  
5&6      Rock left back, recover to right, step left side  
7&8      Cross right behind left, rock left side, recover to right

## MAMBO FORWARD MAMBO BACK, LOCK FORWARD HEEL FORWARD, TOE BACK

1&2      Rock left forward, recover to right, step left back  
3&4      Rock right back, recover to left, step right forward  
5&6      Locking chassé forward left-right-left  
7-8      Touch right heel forward, touch right back

REPEAT

ENDING: Music slows down. Dance through slow beat with steps to match beat.  
Dance ends on first step of chassé