

Follow The Leader

拍數: 64 牆數: 4 級數: Intermediate / Advanced
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - May 2012
音樂: Follow The Leader (feat. Jennifer Lopez) - Wisin & Yandel : (iTunes)



Starts on Singing Vocal (32 Counts)

Point, Cross, Unwind 1/2, Right Lock Back, Rock Step, Left Lock Forward.

1-3 Point Left to Left side, touch Left across Right, unwind 1/2 turn to Right taking weight on Left.
4&5 Step back on Right, lock Left across Right, step back on Right.
6-7 Rock back on Left, recover on Right.
8&1 Step forward on Left, lock Right behind Left, step forward on Left.

Out, Out, Hold & Cross, Side Rock, Sailor 1/4.

2-3 Step forward & out on Right, step forward & out on Left.
4&5 Hold, step Right next to Left, cross step Left over Right.
6-7 Rock Right to Right side, recover on Left.
8&1 Make 1/4 turn to Right stepping Right behind Left, step Left next to Right, step forward on Right. *R*

Step, 1/2, Shuffle 1/2, Rock Step, Back, 1/4, Cross.

2-3 Step forward on Left, make 1/2 turn to Left stepping back on Right.
4&5 Make 1/4 turn Left stepping Left to Left side, step Right next to Left, 1/4 turn Left stepping forward on Left.
6-7 Rock forward on Right, recover on Left.
8&1 Step back on Right, make 1/4 turn to Left stepping Left to Left side, cross step Right over Left.

1/4, 1/4, Behind & Cross, Hold, Full Turn Cross.

2-3 1/4 turn to Left stepping forward on Left, 1/4 turn Left stepping Right to Right side.
4&5 Cross step Left behind Right, step Right to Right side, cross step Left over Right.
6-7& Hold, make 1/3 turn to Right stepping forward on Right, step Left next to Right heel.
8&1 Make 1/3 turn to Right stepping forward on Right, step Left next to Right heel, 1/3 turn to Right cross stepping Right over Left.

Side Rock, Sailor 1/2, Step, Spiral Full Turn, Right Shuffle.

2-3 Rock Left to Left side, recover on Right.
4&5 Make 1/4 turn to Left stepping Left behind Right, step Right next to Left, 1/4 turn to Left stepping forward on Left.
6-7 Step forward on Right, step forward on Left as you spiral a full turn to Right.
8&1 Step forward on Right, step Left next to Right, step forward on Right.

Rock Step, Back 1/2 Step, Rock Step, Back 1/4 Step.

2-3 Rock forward on Left, recover on Right.
4&5 Step back on Left, make 1/2 turn to Right stepping forward on Right, step forward on Left.
6-7 Rock forward on Right, recover on Left.
8&1 Step back on Right, make 1/4 turn to Left stepping Left to Left side, step forward on Right.

1/4, Together, Cross Shuffle, Sweep 1/4, Mambo Step.

2-3 Make 1/4 turn to Right stepping Left to Left side, step Right next to Left pushing bum/hip out to Left.
4&5 Cross step Left over Right, step Right to Right side, cross step Left over Right.
6-7 Sweep Right from back to front making 1/4 turn to Left, step Right next to Left.

8&1 Rock forward on Left, recover on Right, ****R**** step back on Left.

Back, Back, Coaster Step, Walk, Walk, Step, 1/2, (Point).

2-3 Walk back Right—Left.

4&5 Step back on Right, step Left next to Right, step forward on Right.

6-7 Walk forward Left—Right.

8& (1) Step forward on Left, pivot 1/2 turn to Right, (point Left to Left side).

****R** Restart: Walls 3 & 6**

Dance Up To & Including Counts 8& Section 7.. Then Restart Dance From Beginning.

8&1 Rock forward on Left, recover on Right, point Left to Left side.

***R* Restart & Step Change: Wall 4**

Dance Up To & Including Count 7 Section 2.. Then Step Right Next To Left..Then Restart Dance From Beginning.

6-7 Rock Right to Right side, recover on Left.

8-1 Step Right next to Left, point Left to left side.
