

Follow You Down

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4
編舞者: Guyton Mundy (USA) - April 2014
音樂: I'll Follow You - Shinedown

級數: Intermediate - waltz



[1-6] Cross rock, hold, recover, 1/4 turn, 7/8 spin turn

1-2-3 cross rock left over right, hold, recover on right
4-5-6 make 1/4 turn left stepping forward on left, spin 7/8 turn left over 2 counts keeping weight on left (now facing left diagonal)

[7-12] Walk back x 5, 1/4 turn

1-2-3 Walk back right, left, right
4-5-6 Walk back left, step together with right, make 1/4 turn left stepping forward on left

[13-18] Walk forward x 2, rock, recover, back, 1/2 turn

1-2-3 Walk forward right, left, rock forward on right
4-5-6 recover on left, step back on right, make 1/2 turn left stepping forward on left

[19-24] Full turn, twinkle

1-2-3 spin a full turn left ending with weight on right (still facing the diagonal)
4-5-6 cross left over right, step right to right side, step together with left

[25-30] Cross, sweep, cross, 1/8 turn, back

1-2-3 cross right over left, sweep left around over 2 counts
4-5-6 cross left over right, make 1/8 turn left stepping back on right, step back on left

[31-36] 1/2 turn, 1/2 turn sweep, forward, sweep

1-2-3 make 1/2 turn right stepping forward on right sweeping left around, continue the sweep over 2 counts making another 1/2 turn right
4-5-6 step forward on left, sweep right around over 2 counts

[37-42] Rock, recover, back, 1/2 turn, 1/4 turn, prep

1-2-3 rock forward on right, recover on left, step back on right
4-5-6 make 1/2 turn left stepping forward on left, make 1/4 turn left stepping right to right side, torque body to right into a prep

[43-48] Full turn, side, behind, side

1-2-3 make full turn left on left foot
4-5-6 step right to right side, step left behind right, step right to right side

Tag: will happen after walls 1, 2 and 3

[1-6] Step sweep x 2

1-2-3 step forward on left sweeping right around
4-5-6 step forward on right sweeping left around

[7-12] Step, rock, recover, back. 1/2 turn, forward

1-2-3 step forward on left, rock forward on right, recover on left
4-5-6 step back on right, make 1/2 turn left stepping forward on left, step forward on right

Repeat these 12 counts and Restart the dance.