

Follow You Home

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate - Pop/Disco
編舞者: Liz Lowry (UK) & Adrian Swales (UK) - May 2014
音樂: Follow You Home - Embrace : (iTunes)



Intro: 32 counts

[1-8] STEP ¼ PIVOT, RIGHT CROSS SHUFFLE. HINGE ½ RIGHT, LEFT CROSS SHUFFLE. □

1-2 Step forward Right. Pivot ¼ turn Left.
3&4 Cross step Right over Left. Step Left to Left side. Cross step Right over Left.
5-6 Turn ¼ Right stepping back Left. Turn ¼ Right stepping Right to Right side.
7&8 Cross step Left over Right. Step Right to Right side. Cross step Left over Right (face 3:00).

[9-16] SIDE, HOLD, & SIDE, TOUCH. SIDE, HOLD, & ¼ LEFT, ¼ SCUFF. □

1-2 Step Right to Right side. Hold.
&3-4 Step Left next to Right. Step Right to Right side. Touch Left next to Right.
5-6 Step Left to Left side. Hold.
7&8 Step Right next to Left. Step forward Left turning ¼ Left. Turn ¼ Left scuffing Right forward (face 9:00).

[17-24] RIGHT MAMBO FORWARD, LEFT MAMBO BACK. PADDLE ¾ RIGHT. □

1&2 Rock forward on Right. Rock back on Left. Step back Right.
3&4 Rock back on Left. Rock forward on Right. Step forward Left.
5 Step forward Right turning ¼ turn Right.
&6 Step on ball of Left. Step Right in place turning ¼ turn Right.
&7 Step on ball of Left. Step Right in place turning ¼ turn Right.
&8 Step forward on ball of Right. Step Right in place (face 6:00).

[25-32] FORWARD ROCK, SHUFFLE ½ LEFT. STEP, ½ PIVOT, 2 WALKS FORWARD. □

1-2 Rock forward on Left. Recover weight to Right.
3&4 Shuffle ½ turn Left stepping Left, Right, Left (face 12:00).
5-6 Step forward Right. Pivot ½ turn Left (face 6:00).
7&8 Walk forward Right. Walk forward Left ** Restart here wall 2

[33-40] RIGHT HEEL, SLIP, TOE, SLIP, SAMBA STEP. LEFT HEEL, SLIP, TOE, SLIP, SAMBA STEP. □

1& Step Right heel forward and across Left foot on slight diagonal to Left. Replace weight to Left slipping it slightly leftwards.
2& Step Right toe back. Replace weight to Left slipping it slightly leftwards.
3&4 Cross step Right over Left. Step Left to Left side. Replace weight on Right.
5& Step Left heel forward and across Right foot on slight diagonal to Right. Replace weight to Right slipping it slightly rightwards.
6& Step Left toe back. Replace weight to Right slipping it slightly rightwards.
7&8 Cross step Left over Right. Step Right to Right side. Replace weight on Left.

[41-48] JAZZBOX ¼ RIGHT, SCUFF. STEP, SCUFF, STEP, SCUFF. □

1-2 Cross step Right over Left. Step Left back.
3-4 Step Right to Right side turning ¼ Right. Scuff Left forward (face 9:00).
5-6 Step Left forward. Scuff Right forward.
7-8 Step Right forward. Scuff Left forward.

[49-56] FORWARD ROCK, SHUFFLE ¾ LEFT . SIDE, BEHIND, & HEEL, CLAP, CLAP. □

1-2 Rock forward on Left. Recover weight to Right.
3&4 Shuffle ¾ turn Left stepping Left, Right, Left (face 12:00).

5-6 Step Right to Right side. Cross step Left behind Right.
&7&8 Step back Right. Tap Left heel forward on Left diagonal. Clap. Clap.

[57-64] BALL CROSS, SIDE, ¼ RIGHT, ¼ RIGHT. RIGHT SAILOR, LEFT SAILOR. □

&1-2 Step back Left. Cross step Right over Left. Step side Left.
3-4 Turning ¼ Right step Right to side. Turning ¼ Right step Left to side (face 6:00).
5&6 Step Right behind Left. Step side Left. Step side Right.
7&8 Step Left behind Right. Step side Right. Step side Left (face 6:00).

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