Follow me home (隨我回家吧) (zh)

Count: 48 **Wall:** 2 **Level:** High Beginner
Choreographer: Teresa Lawrence (UK) & Vera Fisher (UK) - 2007年07月
Music: Follow Me Home - Sugababes : (CD: Taller in more Ways)

前奏： 32 count intro, 1st step is just before main vocals. 32拍後, 唱歌前1拍起跳

第一段 Step Side, Rock Back Replace 1/4, R Lock Back, Rock & Spin, Shuffle Fwd 側踏, 後下沉 回復 轉1/4 右後鎖步, 下沉轉, 前交換

1 Take Large Step Out To R Side 右足右一大步

2&3 Rock Back On L Slightly Behind R, Replace Weight On R, Making ¼ Turn R, Step Back On L 左足於右足略後下沉, 右足回復, 右轉90度左足後踏

4&5 Step Back On R, Lock L In Front Of R, Step Back On R
右足後踏, 左足於右足前鎖踏, 右足後踏

6&7 Rock Back On L, Replace Weight On R, Step Fwd On L And Spin Full Turn R Hooking R Foot In Front Of L Calf
左足後下沉, 右足回復, 左足前踏右轉圈右足於左小腿前勾
(Option, If You Don'T Want To Spin Then Just Step Fwd On L)
(簡易版：只要左足前踏，不用轉)

8&1 Shuffle Fwd On R [3 O'Clock] 右足前交換步(3點鐘)

第二段 Twinkle-Ish! Sailor 1/4 Turn X 2
前交叉華士步, 轉1/4水手步2次

2&3 Cross L Over R, Step R To R Side, Step Back On L To Slight L Diagonal
左足於右足前交叉踏, 右足右踏, 左足略向左斜角線後踏

4&5 Step R Behind L, Make ¼ Turn L Stepping L To L Side, Step R To R Side
右足於左足後踏, 左轉90度左足左踏, 右足右踏

6&7 Repeat Counts 2&3 重覆2&3

8&1 Repeat Counts 4&5 [9] 重覆4&5 (9點鐘)

第三段 Cross Rock Step Back, Rock Back Replace Step Fwd, Cross Rock Replace 1/4, Triple Full Turn
交叉下沉 後踏後, 後下沉 回復 前踏, 交叉下沉 回復 1/4, 小三步轉圈

2&3 Cross Rock L Over R, Replace Weight On R, Step Back On L To Slight L Diagonal 左足於右足前交叉下沉, 右足回復,左足略向左斜角線後踏

4&5 Rock Back R Slightly Behind L, Replace Weight On L, Step Fwd On R To Slight R Diagonal 右足於左足後下沉, 左足回復, 右足向右斜角前踏

6&7 Cross Rock L Over R, Replace Weight On R, Make ¼ Turn L Stepping Fwd On L 左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏

8&1 Triple Whole Turn L Travelling Fwd Stepping R.L.R (Option, Shuffle Fwd Instead Of Turn) [6] 小三步左轉圈 (腳步順序:右, 左, 右)

第四段 2 Prissy Walks, Quick 1/2, Weave
2次交叉走步, 轉1/2, 藤步

2-3 Walk Fwd L, R 走步(左, 右)

4&5 Step Fwd L, Make ½ Turn R Stepping Fwd On R, Step Fwd L,
左足前踏, 右轉180度右足前踏, 左足前踏

6-7-8& Cross R Over L, Step L To L Side, Step R Behind L, Step L To L Side [12] 右足於左足前交叉踏,左足左踏, 右足於左足後踏,左足左踏(12點)

第五段 Kick Cross Rock Replace Kick & Touch X2
踢 交叉 下沉 回復 踢 & 點 2次

1&2& Kick R Across L, Cross R Over L, Rock L To L Side, Replace Weight On R 右足於左足前交叉踢,右足於左足前交叉踏,左足左下沉,右足回復

3&4 Kick L Across R, Cross L Over R, Touch R To R Side
左足於左足前交叉踢, 左足於右足前交叉踏, 右足右點

5&6& Repeat Counts 1&2& *Restart Here On Wall 5 Facing Home Wall
重覆 1&2& (第五面牆面向前面從頭跳起)

7&8 Repeat Counts 3&4 *RESTART Here On Walls 2 Facing Back Wall & 4facing Home Wall 重覆3&4 (第二面牆面向後面, 第四面牆面向前面從頭起跳)

第六段 Whole Turn, Chasses, Twinkle-Ish 1/2, Twinkle Cross
轉圈, 追步, 交叉華士步 1/2, 交叉華士步

1-2 Travelling To R Side Make A Full Turn R Stepping R, L
右轉圈(右, 左)
(Option, Instead Of Turn Step R To R Side, Step L Next To R)
簡易版:右足右踏, 左足併踏

3&4 Chasses R To R Side 右足右追步

5&6 Cross L Over R, Making 1/4 Turn L Step Back On R, Make Another 1/4 Turn L Stepping L To L Side
左足於右足前交叉踏, 左轉1/4右足後踏, 左轉1/4左足左踏

7&8& Cross R Over L, Step L To L Side, Step R To R Side, Cross L Over R. [6]右足於左足前交叉踏,左足左踏,右足右踏,右足於右足前交叉踏(6點)

Dance goes out of phrase for 1 wall, at the end, dance will end on the cross rock replace 1/4, triple full turn, facing the front
結束時會跳到交叉下沉 回復 轉90度 小三步轉圈, 面向前面牆
