

Follow Me Home

Description: 48 counts, 2 wall. Intermediate line dance

Music: "Follow Me Home by the Sugababes" on the "Taller in more Ways" CD. Or itunes

Choreographed by Teresa and Vera

Start time & BPM: Start dance. 32 count intro, 1st step is just before main vocals. BPM 80

Contact: Phone 020 8548 4929. Mob. 07961 805174.

Email: teresaandvera@aol.com Website: www.teresaandvera.co.uk.

Check out our video page to watch this dance

STEP SIDE, ROCK BACK REPLACE 1/4, R LOCK BACK, ROCK & SPIN, SHUFFLE FWD

- 1 Take large step out to R side
2&3 Rock back on L slightly behind R, replace weight on R, making ¼ turn R, step back on L
4&5 Step back on R, lock L in front of R, step back on R
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
(Option, if you don't want to spin then just step fwd on L)
8&1 Shuffle fwd on R 3 o'clock

TWINKLE-ish! SAILOR 1/4 TURN x 2

- 2&3 Cross L over R, step R to R side, step back on L to slight L diagonal
4&5 Step R behind L, make ¼ turn L stepping L to L side, step R to R side
6&7 Repeat counts 2&3
8&1 Repeat counts 4&5 9

CROSS ROCK STEP BACK, ROCK BACK REPLACE STEP FWD, CROSS

ROCK REPLACE 1/4, TRIPLE FULL TURN

- 2&3 Cross Rock L over R, replace weight on R, step back on L to slight L diagonal
4&5 Rock back R slightly behind L, replace weight on L, step fwd on R to slight R diagonal
6&7 Cross rock L over R, replace weight on R, make ¼ turn L stepping fwd on L
8&1 Triple whole turn L travelling fwd stepping R.L.R (Option, shuffle fwd instead of turn) 6

2 PRISSY WALKS, QUICK 1/2, WEAVE

- 2-3 Walk fwd L, R
4&5 Step fwd L, make ½ turn R stepping fwd on R, step fwd L,
6-7-8& Cross R over L, step L to L side, step R behind L, step L to L side 12

KICK CROSS ROCK REPLACE KICK & TOUCH x2

- 1&2& Kick R across L, cross R over L, rock L to L side, replace weight on R
3&4 Kick L across R, cross L over R, touch R to R side * *Restart here on wall 5 facing home wall*
5&6& Repeat counts 1&2&
7&8 Repeat counts 3&4 * *Restarts here on walls 2 facing back wall & 4 facing home wall*

WHOLE TURN, CHASSES, TWINKLE-ish 1/2, TWINKLE CROSS

- 1-2 Travelling to R side make a full turn R stepping R, L (Option, instead of turn step R to R side, step L next to R)
3&4 Chasses R to R side
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
7&8& Cross R over L, step L to L side, step R to R side, cross L over R. 6

Restarts. 3, all hopefully easy ish to hear in the music! 1st one on wall 2 do up to & including counts 1 to 8 of the 5rd section, the kick cross rock bit, start dance from beginning facing the 6 o'clock wall.

2nd one will be in the same place in the dance on wall 4 facing the home wall.

3rd one is also in 5rd section, end of counts 3&4 facing home wall. They are pretty easy really! Honest! ☺

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

Luv T&V xx