

Follow-Up Your Dreams

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Sebastiaan Holtland, (NL) December 2018

Music: Rascal Flatts - You Make My Dreams (cover)(New Single EP 2018). (Track on iTunes & other mp3 sites) (approx 3:11 mins)

(Track on iTunes & other mp3 sites) (approx 3:47 mins).

Introduction: 16 counts, start approx 12 sec. - No Tags Or Restarts.

Part 1. [1-8] 2x Side, Back Rock R with $\frac{1}{4}$ L, Sissior Steps R.

- 1,2&** Step Lf to L (1), Step Rf behind Lf (2), Make $\frac{1}{4}$ turn L (9.00) recover back onto Lf (&).
3&4 Step Rf to R (3), Step Lf beside Rf (&), Step Rf across Lf (4).
5,6& Step Lf to L (3), Step Rf behind Lf (4), Make $\frac{1}{4}$ turn L (6.00) recover back onto Lf (&).
7&8 Step Rf to R (7), Step Lf beside Rf (&), Step Rf across Lf (8).

Part 2. [9-16] Behind & Side with $\frac{1}{4}$ Turn R, 2x Syncopated Cross Rocks L, R, Step L Fwd, $\frac{1}{2}$ Syncopated Pivot Turn to L, Step R Fwd.

- 1&** Step Lf behind Rf (1), Make $\frac{1}{4}$ turn R (9.00) step Rf to R (&).
2,3& Cross rock Lf fwd (2), Recover back onto Lf (3), Step Lf to L (&).
4,5& Cross rock Rf fwd (4), Recover back onto Rf (5), Step Rf to R (&).
6 Step Lf Fwd (6).
7&8 Step Rf fwd (7), Pivot $\frac{1}{2}$ turn L (3.00) and take weight onto Lf (&), Step Rf fwd (8).

Part 3. [17-24] Step L Fwd with Syncopated Shimmy Shoulders, Touch R Together, Coaster Step R, Side, Touch R, Side, Behind, Side with $\frac{1}{4}$ Turn R, Together.

- 1&2** Step Lf big fwd and shimmy shoulders and touch Rf beside Lf (1&2).
3&4 Step Rf back (3), Step Lf beside Rf (&), Step Rf fwd (4).
5&6 Step Lf to L (5), Touch Rf beside Lf (&), Step Rf to R (6).
7&8 Step Lf behind Rf (1), Make $\frac{1}{4}$ turn R (6.00) step Rf to R (&), Step Lf beside Rf (8).

Part 4. [25-32] Heel Push R Fwd, Touch L Together, Side, Together, Step L Fwd with $\frac{1}{4}$ Turn L, Kick R & Side, Toe Fan R, Touch L Together.

- 1&2&** Push R heel fwd and push hips fwd (1), Hips to centre (&), Step Rf to R (2), Touch Lf beside Rf (&).
- 3&4** Step Lf to L (3), Step Rf beside Lf (&), Make ¼ turn L (3.00) step Lf fwd (4).
- 5&6** Kick Rf fwd (5), Step Rf back in place (&), Step Lf to L (6).
- 7&8** Swivel Rf toe to R (toe Fan R), Swivel R toe back in place (&), Touch Lf beside Rf (8).

REPEAT DANCE AND HAVE FUN!!

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