

Forget About Everything

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Count: 32

Wall: 2

Level: Easy Improver

Choreographer: Pat Esper - March 2020

Music: "You and Me, Girl" by Jessta James

#8 count intro - No Tags or Restarts.

[1-8]: Mambo forward, Mambo back, Step-lock-step, Three quarter chase turn

1&2: Rock forward on the right foot, Recover onto the left foot, Step the right foot next to the left (or slightly back for styling)

3&4: Rock back on the left foot, Recover onto the right foot, Step the left foot next to the right (or slightly forward for styling).

5&6: Step forward on the right foot, Step the left foot behind the right, Step forward on the right foot.

7&8: Step forward on the left foot, Turn a three quarter turn over the right shoulder (timing cheat: step in place on the right foot), Step the left foot to the side.

[9-16]: Syncopated double weave, Side rock (Press), Recover, Weave

1&2&: Step the right foot behind the left, Step the left foot to the side, Step the right foot over the left, Step the left foot to the side.

3&4: Step the right foot behind the left, Step the left foot to the side, Step the right foot over the left.

5-6: Rock/press the left foot to the side rolling through the hips from right to left to right. Recover onto the right foot.

7&8: Step the left foot behind the right, Step the right foot to the side, Step the left foot over the right.

[17-24]: Forward, Touch, Turn, Touch, Triple back, Triple back

1-2: Step forward at an angle on the right foot. Touch the left foot next to the right.

3-4: Turn a quarter turn to the left stepping forward on the left foot. Touch the right foot next to the left.

5&6: Step back at an angle on the right foot, Step the left foot next to the right, Step back at an angle on the right foot (Note: For styling, cross the left foot over the right on the & count).

7&8: Step back at an angle on the left foot, Step the right foot next to the left, Step back at an angle on the left foot (Note: For styling, cross the right foot over the left on the & count).

[25-32]: Forward touch, Side touch, Sailor step, Forward touch, Side Touch, Sailor step

1-2: Touch the right toes forward (Option: Crossing touch forward over the left foot). Touch the right toes to the side.

3&4: Step the right foot behind the left, Step the left foot to the side, Step in place on the right foot.

5-6: Touch the left toes forward (Option: Crossing touch forward over the right foot). Touch the left toes to the side.

7&8: Step the left foot behind the right, Step the right foot to the side, Step in place on the left foot.

Start again

Contact: ptesper@gmail.com On Facebook: [The Redneck Revolution \(of Music and Dance\)](#)