



Approved by:

Justine

I'm Following You

4 WALL – 48 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 4 5 – 8	Toe Touch, Heel Bounces (x 2) Touch right toe forward. Bounce right heel 3 times, ending with weight on right. Touch left toe forward. Bounce left heel 3 times, ending with weight on left.	Touch Bounce 3 4 Touch Bounce 3 4	On the spot
Section 2 1 – 2 3 – 4 5 – 8	Back Strut x 2, Slow Coaster With Brush Step right toe back. Drop right heel taking weight and click fingers. Step left toe back. Drop left heel taking weight and click fingers. Step right back. Step left beside right. Step right forward. Brush left forward.	Back Strut Back Strut Coaster Step Brush	Back On the spot
Section 3 1 – 2 3 – 4 5 – 6 7 – 8 Option	Forward Rock, 1/2 Turn, Hold, Step, Pivot 1/2, Cross, Hold Rock forward on left. Recover onto right. Make 1/2 turn left stepping left forward. Hold. Step right forward. Pivot 1/2 turn left. Cross right over left. Hold. Counts 1 - 4 Left mambo forward, hold; Counts 5 - 8 Right coaster cross, hold.	Rock Forward Turn Hold Step Pivot Cross Hold	On the spot Turning left Left
Section 4 1 – 2 3 – 4 5 – 6 7 – 8	Side Rock, Weave, Cross Rock Rock left to left side. Recover onto right. Cross left over right. Step right to right side. Cross left behind right. Step right to right side. Cross rock left over right. Recover onto right.	Side Rock Cross Side Behind Side Cross Rock	On the spot Right On the spot
Section 5 1 – 2 3 – 4 5 – 6 7 – 8 Option	Side, Touch, Side, Touch, Rolling Full Turn Step left to left side. Touch right beside left. Step right to right side. Touch left beside right. Step left forward making 1/4 turn left. Make 1/2 turn left stepping right back. Make 1/4 turn left stepping left to left side. Brush right forward. Counts 5 - 8 Grapevine left, brush.	Side Touch Side Touch Quarter Half Quarter Brush	Left Right Turning left
Section 6 1 – 4 5 – 6 7 – 8	Jazz Box, Forward Toe Strut, 1/4 Turn Strut Cross right over left. Step left back. Step right to right side. Step left forward. Step right toe forward. Drop right heel taking weight. Make 1/4 turn left stepping left toe forward. Drop left heel taking weight.	Jazz Box Toe Strut Turn Strut	On the spot Forward Turning left
Ending	Music ends facing 9:00, on coaster step (end of Section 2): Swing left over right and make 3/4 turn to front for a “ta dah” ending!		

Choreographed by: Justine Brown (UK) January 2012

Choreographed to: ‘Live It Up’ by Chris Isaak (170 bpm) from CD Beyond The Sun; download available from amazon.co.uk or iTunes (48 count intro - start on vocals)



A video clip of this dance is available at www.linedancermagazine.com