

Just Forget 32 Count, 2 Wall, Improver

32 Count, 2 Wall, Improver Choreographer: Silvia Schill Choreographed to: Forget About It by Michael Ray

Dance begins with the vocals

1-2 3&4 5-6 7&8	Walk 2, Mambo Forward, Back 2 (with Swivels), Coaster Step 2 steps forward (R - L) Step forward with RF - weight back on LF and step backwards with RF 2 steps backwards, turning the front toe of each foot from the inside to the outside (L- R) Step back with LF, RF beside LF, step forward with LF
1-2 3&4 5-6 7&8	Rock Forward, Shuffle Back Turning ½ R, Rock Forward, Shuffle Back Turning ½ L Step forward with RF - weight back on LF ¼ turn right and step with RF to right, LF beside RF, ¼ turn right and step forward with RF (6 o'clock) Step forward with LF - weight back on RF ¼ turn left around and step with LF to left - RF beside LF, ¼ turn left and step forward with LF (12 o'clock)

Restart In the 2nd lap - direction 6 o'clock - stop here and start from the beginning **Restart** In the 4th and 5th round - direction 12 o'clock - stop here and start from the beginning

	Shuffle Forward Turning ½ L, ¼ Turn L/Chassé L, Rock Across-Side-Cross-Side-Behind
1&2	1/4 Turn left and step RF to right, LF beside RF, 1/4 Turn left and step backwards with RF (6 o'clock)
3&4	1/4 Turn left and step LF to left - RF beside LF and step LF to left (3 o'clock).
5-6	Cross RF over LF - weight back on LF
&7	Step RF to right and cross LF over RF
&8	Step RF to right and cross LF behind RF
	Side-Cross, Side, Sailor Step Turning ¼ L, Step, Pivot ½ L, Touch Forward & Touch Forward &
&1-2	Side-Cross, Side, Sailor Step Turning ¼ L, Step, Pivot ½ L, Touch Forward & Touch Forward & Step RF to right, cross LF over RF - Step RF to right
&1-2 3&4	
	Step RF to right, cross LF over RF - Step RF to right

Repeat to the end

Tap left toe in front and LF beside RF

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