

Follow me warm-up – Number one

Music: Any Suitable Music - Warm-up Music – I used: *Senorita*
By Shawn Mendes & Camila Cabello

Choreographer: Sandy Kerrigan (Sydney) Australia – January 2025
sandykerrigan@optusnet.com.au

Dance Description: 1 Wall 32 Count – Senior/Beginner Line Dance - Version 1:00 – 12:00

Dance Info: There are no tags or restarts in the warm-up – just follow the leader.
The warm-up was thought up for fun, and thinking purposes.
You may instruct from the start! Then let the group fill in the rest, by following.
The dances will be slow, and never have any restarts or tags. Just follow!
Suitable for split floors, and the beginner dancer.

Vine Right, Tap, Vine L, Tap 12:00

1 2 3 4 Step R to R Side, Step L Behind R, Step R to R, Tap L next to R
5 6 7 8 Step L to L Side, Step R Behind L, Step L to L, Tap R next to L

Point R Fwd, Step Together, Point L Fwd, Step Together, Repeat (toe switches) 12:00

1 2 3 4 Point R Fwd, Step R next to L, Point L Fwd, Step L next to R
5 6 7 8 Point R Fwd, Step R next to L, Point L Fwd, Step L next to R

Walk Back R, L R, Tap, Step Fwd, Tap, Step Back, Tap 12:00

1 2 3 4 Walk Back R, Back, L, Back R, Tap L next to R
5 6 7 8 Step Fwd L, Tap R next to L, Step Back R, Tap L next to R

Walk Fwd, L, R, L, Tap, Step Side, Tap Behind, Step Side, Tap Behind 12:00

1 2 3 4 Walk Fwd L, Fwd R, Fwd L, Tap R next to L
5 6 7 8 Step R to R Side, Tap L Behind R, Step L to L Side, Tap R Behind L-wt on L

