

Forget Me

Choreographers: Roxanne Moates & Rebeca Ross (Qld) Australia, November 2022

Song: Forget Me **Artist:** Lewis Capaldi **Album:** Sad Songs **Track:** 3:23

Description: 64 Count, 2 Walls, 1 Tag, 1 Restart **Level:** Intermediate

Start: Weight on left, No Intro, starts straight away

Step R Side, Behind & Cross Shuffle & Back Rock L & L Kick Ball Change

- 1 2 &** Step R to Right side, step L Behind & step weight onto R to R side
3&4& Cross Shuffle Left over Right & step weight onto R to R side
5 6 Back Rock L behind R, Rock weight Fwd onto R (body slightly angled to the Diagonal 10.30)
7&8 Kick Ball change with the Left

Dorothy L, Dorothy R, Fwd Rock Left back on R, Triple 1¼ Turn to L

- 1 2 &** Step Left Fwd (slight Diagonal), lock behind with R & step weight Fwd on L
3 4 & Step Right Fwd (slight Diagonal), lock behind with L & step weight Fwd on R
5 6 Rock Left Fwd, replace weight back on Right
7&8 Triple 1 ¼ turn Left (Option: ¼ left turn shuffle side L,R,L) weight ending on the L. (facing 9.00)

Cross Rock R & Cross Rock L & Step R ½ pivot Diagonal Cross Samba ¼ turn & Step Together

- 1 2&** Cross Rock R over Left, Rock back on L & replace R to R side (Angeling body slightly)
3 4& Cross Rock L over Right, Rock back on R & replace L to L side (Angeling body slightly)
5 6 Step R Across L into Diagonal (7.30), Pivot ½ turn to face front Diagonal (facing 1.30 diagonal)
7&8& Cross R over L samba ¼ turn to R & Step L together (facing 4.30 diagonal)

Fwd R Rock back L, Coaster back on R, Step Left ½ pivot Turn, Triple full Turn over R

- 1 2** Rock Fwd R Recover back L (facing 4.30 diagonal)
3&4 Coaster back on Right
5 6 Step Fwd Left, keeping weight on L make ½ turn hooking up R (facing 10.30 diagonal)
7&8 Triple full Turn R,L,R over Right (facing 10.30 diagonal)

Step L to L Side, Rock Hinge Reverse ½ Turn L, Step L to L side, Rock Hinge Reverse ½ Turn L, Step L to L side, Rock Hinge Reverse ½ Turn L, Behind side Cross.

- 1 2** Straightening up to front wall, Step L to L Side, Rock recover back onto R, Reverse Hinge ½ turn over Left
3 4 Step L to L side, Rock recover back onto R, Reverse Hinge ½ turn over Left
5 6 Step L to L side, Rock recover back onto R,
7&8 Step L behind R, Step R to Right side & Cross Left in front of Right. (facing front)

R Side back Rock L behind Right recover, Reverse ¼ turn back on L, Reverse ½ turn Fwd on R, Triple full turn L,R,L over Right, Rock push/back on Right into a ¼ turn to back wall stepping on Left to the side.

- &1 2** Step R to R side, Rock back on L behind Right & Rock recover onto Right Fwd.
3 4 Step ¼ reverse turn back on L, Step Fwd ½ reverse turn R
5&6 Triple full turn L,R,L over Right, (weight ending on the L, facing 9.00)
7 8 Rock Push/back onto R, ¼ turn to back wall stepping L to L side. (facing 6.00)

Cross Samba Fwd R, Step L Fwd ½ turn & step back L, Back Rock R Fwd onto L, Cross Samba Fwd R

- 1&2** Cross Samba Fwd Right over Left (travelling slightly Fwd)
3&4 Step L Fwd making ¼ turn over Left, ¼ turn over Left stepping back on R & step back on L (facing 12.00)
5 6 Rock back on R recover Fwd onto L
7&8 Cross Samba Fwd Right over Left (travelling slightly Fwd)

Step L Fwd ½ turn & step back L, Coaster back on Rock, Out Out L,R, Knee Pop L, Knee Pop R

- 1&2** Step L Fwd making ¼ turn over Left, ¼ turn over Left stepping back on R & step back on L (facing 6.00)
3&4 Coaster Step back on Right
5 6 Jump slightly Fwd L out, R out
7 8 Knee Pop L, Knee Pop R (weight ending on Left) (facing 6.00)

START DANCE AGAIN – Enjoy!!

- Tag/Restart** **End Wall 2:** Finish sequence (Facing 12.00), then add another L Knee Pop & R Knee Pop and 2 count hip roll, weight ending on the Left.
Restart **Wall 3:** Dance up to Count 48 and restart the dance on the back wall.
Finish **Wall 8:** Dance up to Count 32 and add extra ½ turn back to the front.

Please feel free to copy this sheet provided that no changes are made to the original script.

Roxanne Moates allstarroxie@hotmail.com 0419 919 527 Rebeca Ross rebeccaross1@bigpond.com.au 0439 672 697