



## Follow-Up Your Dreams.

Name of Dance: Follow-Up Your Dreams

Choreographed by: **Sebastiaan Holtland, (NL)**.

Song: **You Make My Dreams (cover)** (Track on iTunes & other mp3 sites) (approx 3:11 mins).

Music: **Rascal Flatts** (New Single EP 2018).

(Track on iTunes & other mp3 sites) (approx 3:47 mins).

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Published: December 2018. 32 counts, 4 Wall, Improver level line dance with no tags or restarts.

Introduction: 16 counts, start approx 12 sec.

### Part 1.

#### 1-8 2x Side, Back Rock R with ¼ L, Sissior Steps R.

- 1,2& Step Lf to L (1), Step Rf behind Lf (2), Make ¼ turn L (**9.00**) recover back onto Lf (&).  
3&4 Step Rf to R (3), Step Lf beside Rf (&), Step Rf across Lf (4).  
5,6& Step Lf to L (3), Step Rf behind Lf (4), Make ¼ turn L (**6.00**) recover back onto Lf (&).  
7&8 Step Rf to R (7), Step Lf beside Rf (&), Step Rf across Lf (8).

### Part 2.

#### 9-16 Behind & Side with ¼ Turn R, 2x Syncopated Cross Rocks L, R, Step L Fwd, ½ Syncopated Pivot Turn to L, Step R Fwd.

- 1& Step Lf behind Rf (1), Make ¼ turn R (**9.00**) step Rf to R (&).  
2,3& Cross rock Lf fwd (2), Recover back onto Lf (3), Step Lf to L (&).  
4,5& Cross rock Rf fwd (4), Recover back onto Rf (5), Step Rf to R (&).  
6 Step Lf Fwd (6).  
7&8 Step Rf fwd (7), Pivot ½ turn L (**3.00**) and take weight onto Lf (&), Step Rf fwd (8).

### Part 3.

#### 17-24 Step L Fwd with Syncopated Shimmy Shoulders, Touch R Together, Coaster Step R, Side, Touch R, Side, Behind, Side with ¼ Turn R, Together.

- 1&2 Step Lf big fwd and shimmy shoulders and touch Rf beside Lf (1&2).  
3&4 Step Rf back (3), Step Lf beside Rf (&), Step Rf fwd (4).  
5&6 Step Lf to L (5), Touch Rf beside Lf (&), Step Rf to R (6).  
7&8 Step Lf behind Rf (1), Make ¼ turn R (**6.00**) step Rf to R (&), Step Lf beside Rf (8).

### Part 4.

#### 25-33 Heel Push R Fwd, Touch L Together, Side, Together, Step L Fwd with ¼ Turn L, Kick R & Side, Toe Fan R, Touch L Together.

- 1&2& Push R heel fwd and push hips fwd (1), Hips to centre (&), Step Rf to R (2), Touch Lf beside Rf (&).  
3&4 Step Lf to L (3), Step Rf beside Lf (&), Make ¼ turn L (**3.00**) step Lf fwd (4).  
5&6 Kick Rf fwd (5), Step Rf back in place (&), Step Lf to L (6).  
7&8 Swivel Rf toe to R (toe Fan R), Swivel R toe back in place (&), Touch Lf beside Rf (8).

**REPEAT DANCE AND HAVE FUN!!**