

# Follow My Footprints



**Count:** 48      **Wall:** 2      **Level:** High Intermediate NC2S

**Choreographer:** Gary O'Reilly (IRE) February 2018

**Music:** "Footprints" by Molly Kate Kestner – 4mins 14secs - iTunes



## #8 count intro starting on the lyrics

### Section 1: R Crossing/Fwd Rock, ½ R, L Fwd Rock, L Back, R Side 1/8, L Cross with R hitch, Step/Press Right, Rhonde Hitch R, R Behind, L Side

- 1 2 &      Rock forward on right over left towards left diagonal [10:30] (1), recover on left (2), ½ turn right stepping forward on right (&) [4:30]  
 3 &      Rock forward on left (3), recover on right (&)  
 4 & 5      Step back on left (4), 1/8 turn right stepping right to right side (&), cross left over right hitching right up around from back to front (5) [6:00]  
 6 7      Cross step/press right over left "stepping into the shoe" (6), recover on left ronde hitching right up and around from front to back (7)  
 8 &      Cross right behind left (8), step left to left side (&)

### Section 2: R Cross Rock, R Side, Weave: L Cross, R Side, L Behind, R Side, L Cross/Hitch ¼ L, Walk Forward RL, Full Turn L

- 1 2 &      Cross rock right over left (1), recover onto left (2), step right to right side (&)  
 3&4&      Cross left over right (3), step right to right side (&), cross left behind right (4), step right to right side (&)  
 5      Cross left over right while hitching right around from back to front making a ¼ turn left on ball of left (5) [3:00]  
 6 7      Walk forward on right (slightly crossed) (6), walk forward on left (slightly crossed) (7)  
 8 &      ½ turn left stepping back on right (8), ½ turn left stepping forward on left (&) [3:00]

### Section 3: R Side, Run-Run Back LR, ¼ L, Run Fwd R, Cross L, ¼ L, ¼ L Side, R Cross, Point L, L Behind, R Side

- 1      Step right to right side (1)  
 2 & 3      "Run" small step back on left (2), "run" small step back on right (&), ¼ turn left stepping left to left side (3) [12:00]  
 4 & 5      "Run" small step forward on right (4), step forward on left slightly crossing over right (&), ¼ turn left stepping slightly back on right (5) [9:00]  
 6 & 7      ¼ turn left stepping left to left side (6), cross right over left (&), point left to left side (7) [6:00]  
 8 &      Cross left behind right (8), step right to right side (&)

### Section 4: L Cross sweeping R, R Cross, ¼ R, R Back Rock, ½ L, L Back Rock, Full Turn R sweeping L, L Cross, R Side, L Behind sweeping R

- 1 2 &      Cross left over right sweeping right around from back to front (1), cross right over left (2), ¼ turn right stepping back on left (&) [9:00]  
 3 4 &

Rock back on right (3), recover on left (4), ½ turn left stepping back on right (&)  
[3:00]

- 5 6      Rock back on left (5), recover on right (6)  
& 7      ½ turn right stepping back on left (&), ½ turn right stepping forward on right  
sweeping left around from back to front (7) [3:00]  
8 & 1     Cross left over right (8), step right to right side (&), cross left behind right  
sweeping right around from front to back (1)

### **Section 5: R Behind, L Side, R Cross, L Scissor Cross, R Side, L Behind, R Side, L Cross Rock**

- 2 & 3      Cross right behind left (2), step left to left side (&), cross right over left (3) \*\*\*\*  
Restart/Step Change during wall 5 facing [12:00]  
& 4 &      Step/Rock left to left side (&), recover stepping right next to left (4), cross left  
over right (&)  
5          Step right long step to right side (5)  
6 &      Cross left behind right (6), step right to right side (&)  
7 8 &     Cross rock left over right opening body to right diagonal [4:30] (7), recover on  
right (8), step left slightly to left side (&) [3:00]

**\*\*\* Restart during WALL 4 facing [12:00]**

### **Section 6: Walk R, Run-Run LR, Walk L Run-Run RL [making ¾ turn L], R Cross Rock & L Cross Rock &**

- 1          1/8 turn over left walking forward on right toward diagonal (1) [1:30]  
2 &      1/8 turn over left "run" forward on left [12:00] (2), 1/8 turn over left "run" forward  
on right (&) [10:30]  
3          1/8 turn over left walking forward on left (3) [9:00]  
4 &      1/8 turn over left "run" forward on Right [7:30] (4), 1/8 turn over left "run"  
forward on Left (&) [6:00] Note: counts "1-4&" creates a semi-circle

**\*\* Restart during WALL 2 facing [12:00]**

- 5 6 & .     Cross rock right over left (5), recover on left (6), step right slightly to right side  
opening body to right diagonal (&) [7:30]  
7 8 &     Cross rock left over right (5), recover on right (6), step left slightly to left side  
opening body to left diagonal (&) [4:30]

**\* Tag at the end of WALL 1 [Back]**

**Tag: Walk R, Walk L**

- 1 2          Walk forward on right toward diagonal [4:30] (1), walk forward on left toward  
diagonal [4:30] (2)

**Then RESTART from the beginning of the dance**

**\*\* Restart during WALL 2 facing [Front] dance up-to count "4&" of 'Section 6' and Restart the dance from the beginning.**

**\*\*\* Restart during WALL 4 facing [Front] dance to the end of 'Section 5', you will be cross rocking left over right towards [10.30], continue through the cross rock/recover and replace weight onto left stepping next to right, ending Section 5 on the diagonal [10.30], restarting the dance here at the front.**

**\*\*\*\* Restart/Step Change during WALL 5 facing [Front] dance up-to count "2" of section 5 and replace the next 2 counts with the following:**

**R Behind, L Side, R Cross, L Scissor Cross, R Side, L Behind, R Side, L Cross Rock**  
2 & 3 Cross right behind left (2), ¼ turn left stepping slightly forward on left (&), touch  
right next to left (3) [12:00]  
4 HOLD (4) and Restart the dance from the beginning.

**ENDING, at the end of WALL 6 [Back] – REPEAT THE “TAG” TO FINISH THE DANCE**  
facing [4:30] then, Step R Pivot 3/8 turn over left to finish at the [Front]

I hope you enjoy this beautiful piece of music & **BIG THANK YOU** to my friend Avril  
Burke for sending me the track x x x  
Contact: Gary O'Reilly – oreillygaryone@gmail.com or (00353) 857819808

**Last Update - 4th March 2018**

---