

# Follow-Up Your Dreams

**Count:** 32      **Wall:** 4      **Level:** Improver

**Choreographer:** Sebastiaan Holtland, (NL) December 2018

**Music:** Rascal Flatts - You Make My Dreams (cover)(New Single EP 2018).

(Track on iTunes & other mp3 sites) (approx 3:11 mins)

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

**Introduction: 16 counts, start approx 12 sec. - No Tags Or Restarts.**

**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. [25-32] 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!!**

**Dance edit, email: [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com)**

**Website: [www.dancewithsebastiaan.wordpress.com](http://www.dancewithsebastiaan.wordpress.com)**