

# Forget Me

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Heather Barton (SCO) & Lee Hamilton (SCO) - October 2022

Music: Forget Me - Lewis Capaldi

**Intro: 16 Counts, Start at approx.. 9 secs**

**SEC 1: Back Drag, Weave, Side, Together, Cross,  $\frac{3}{4}$  Reverse Turn**

1-2 Step right back dragging left towards right over 2 count  
3&4 Step left behind right, step right to right, cross left over right  
&5-6 Step right to right, step left beside right, cross right over left  
7-8 Turn  $\frac{1}{4}$  right step left back, turn  $\frac{1}{2}$  right step right forward (9:00)

**SEC 2:  $\frac{1}{4}$  Side Rock, Vaudeville, Cross,  $\frac{3}{4}$  Unwind, Step Lock Step**

1-2 Turn  $\frac{1}{4}$  right rock left to left, recover weight onto right (12:00)  
3&4& Cross left over right, step right back, touch left heel to left diagonal, step left beside right  
5-6 Cross right over left, pivot  $\frac{3}{4}$  left transferring weight onto left (3:00)  
7&8 Step right forward, step left behind right, step right forward

**SEC 3: Press Rock, Recover Sweep,  $\frac{1}{2}$  Sailor Turn, Out Out, Back Lock Back**

1-2 Press rock left forward, recover weight onto right sweeping left from front to back  
3&4 Turn  $\frac{1}{2}$  left step left behind right, step right to right, step left forward (9:00)  
5-6 Step right to right, step left to left  
7&8 Step right back, lock left over right, step right back

**SEC 4: Back Rock,  $\frac{1}{2}$  Shuffle, Back Rock, Side Rock Cross**

1-2 Rock left back, recover weight onto right  
3&4 Turn  $\frac{1}{2}$  right step left back, cross right over left, step left back (3:00)  
5-6 Rock right back, recover weight onto left  
7&8 Rock right to right, recover weight onto left, cross right over left

**SEC 5: Step  $\frac{1}{8}$ ,  $\frac{1}{2}$  Box Turn, Back Rock,  $\frac{1}{8}$  Ball Step,  $\frac{1}{2}$  Pivot**

1-2 Turn  $\frac{1}{8}$  left step left forward, step right to right (1:30)  
3-4 Turn  $\frac{1}{4}$  left step left to left, turn  $\frac{1}{4}$  left step right to right (7:30)  
5-6 Rock left back, recover weight onto right  
&7-8 Turn  $\frac{1}{8}$  left step left forward, step right forward, pivot  $\frac{1}{2}$  left transferring weight onto left (12:00)

**SEC 6: Walk, Walk, Kick Ball Step, Step,  $\frac{1}{2}$  Pivot,  $\frac{1}{2}$  Back, Back**

1-2 Step right forward, step left forward  
3&4 Kick right forward, step right beside left, step left forward  
5-6 Step right forward, pivot  $\frac{1}{2}$  left transferring weight onto left (6:00)  
7-8 Turn  $\frac{1}{2}$  left step right back, step left back (12:00)

**Restart Here on Wall 1 and 3**

**SEC 7: Back Drag, Ball Step,  $\frac{1}{4}$  Pivot, Cross,  $\frac{1}{4}$  Back,  $\frac{1}{2}$  Shuffle**

1-2 Step right back dragging left towards right over 2 counts  
&3-4 Step left beside right, step right forward, pivot  $\frac{1}{4}$  left transferring weight onto left (9:00)  
5-6 Cross right over left, turn  $\frac{1}{4}$  right step left back (12:00)  
7&8 Turn  $\frac{1}{4}$  right step right to right, step left beside right, turn  $\frac{1}{4}$  right step right forward (6:00)

**SEC 8: Rock,  $\frac{3}{4}$  Shuffle,  $\frac{1}{4}$  Walk Walk, Cross, Back**

1-2 Rock left forward, recover weight onto right  
3&4 Turn  $\frac{1}{2}$  left step left forward, step right beside left, turn  $\frac{1}{4}$  left step left forward (9:00)  
5-6 Turn  $\frac{1}{8}$  left step right forward, turn  $\frac{1}{8}$  left step left forward (6:00)  
7-8 Cross right over left, step left back

**Tag: At the end of Wall 2**

**Reverse Rocking Chair**

1-2 Rock right back, recover weight onto left  
3-4 Rock right forward, recover weight onto left

**Huge thanks to Donna Leister for sending us this track.**

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