

MY FOREST

2025

LEVEL : INTERMEDIATE

MUSIC : HIGH, HIGH, HIGH - CAMILYO

PART A : 32 COUNTS / **PART B** : 32 COUNTS

CHOREGRAPHER : NANS ISTRIA



PART A

1- VINE, TOUCH, $\frac{1}{4}$ T, HOLD, $\frac{1}{2}$ T, HOLD

1,2,3 : vine to the right ; 4 : touch left beside right foot

5,6 : step left $\frac{1}{4}$ t on the left, hold ; 7,8 ; $\frac{1}{2}$ t on the left step right back, hold

2- SAILOR STEP $\frac{1}{4}$ T, BRUSH, STEP LOCK STEP, HOLD

1,2,3 : sailor step $\frac{1}{4}$ t left ; 4 : brush right forward

5,6,7 : step lock step right forward ; 8 : hold

3 - MAMBO BACK, HOLD, $\frac{1}{2}$ T, MAMBO BACK, HOLD

1,2,3 : rock step left forward, step left back ; 4 : hold

5,6,7 : $\frac{1}{2}$ t right rock step right forward, step right back ; 8 : hold

4- COASTER STEP, HOLD, SLOW FULL TURN

1,2,3 : Coaster step back left ; 4 : hold

5,6 : $\frac{1}{2}$ t left step back right, hold ; 7,8 ; $\frac{1}{2}$ t left step left, hold

PART B

1- STOMP, KICK, BACK, KICK, COASTER STEP, SCUFF

1,2 : stomp right forward, kick left ; 3,4 ; step back left, kick right

5,6,7 ; coaster step back right ; 8 : scuff left

2- STOMP LOCK STEP, SCUFF, STEP, TOUCH, STEP, STOMP UP

1,2,3 : stomp left diagonal, lock right behind, step left diagonal ; 4 : scuff right

5,6 : step side right, touch left beside right ; 7,8 : step side left, stomp up right

3- $\frac{1}{2}$ RUMBA BOX, SIDE ROCK CROSS

1,2,3 : step side right, recover left foot, step right forward ; 4 : hold

5,6 : side rock left ; 7,8 : cross left foot behind right, hold

4- SIDE ROCK $\frac{1}{2}$ T, BACK, COASTER STEP, SCUFF

1,2 : side rock right ; 3,4 : $\frac{1}{2}$ t right step back right, hold

5,6,7 ; coaster step back left ; 8 : scuff right

FINAL

4- SIDE ROCK $\frac{1}{2}$ T, BACK, $\frac{1}{2}$ T, HOLD, STOMP, HOLD

1,2 : side rock right ; 3,4 : $\frac{1}{2}$ t right step back right, hold

5,6 : $\frac{1}{2}$ t left step left forward, hold ; 7,8 : stomp right, hold

ENJOY !!



**YOU AIN'T SEEN
NOTHING LIKE THIS**