

MY FOREST

LEVEL : INTERMEDIATE

2025

MUSIC : HIGH, HIGH, HIGH - CAMILYO

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

CHOREGRAPHER : NANS ISTRIA

SENTENCE : AAA BBB AAA BBBB(FINAL)



PART A

1- VINE, TOUCH, ¼T, HOLD, ½T, HOLD

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

5,6 : step left ¼t on the left, hold ; 7,8 ; ½t on the left step right back, hold

2- SAILOR STEP ¼T, BRUSH, STEP LOCK STEP, HOLD

1,2,3 : sailor step ¼t left ; 4 : brush right forward

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

3 - MAMBO BACK, HOLD, ½T, MAMBO BACK, HOLD

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

5,6,7 : ½t 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 : ½t left step back right, hold ; 7,8 ; ½t 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- ½ 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 ½T, BACK, COASTER STEP, SCUFF

1,2 : side rock right ; 3,4 : ½t right step back right, hold

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

FINAL CHANGE THE END OF THE LAST B

4- SIDE ROCK ½T, BACK, ½T STEP, STOMP, HOLD

1,2 : side rock right ; 3,4 : ½t right step back right, hold

5,6,7 : ½T on the left, step L ahead ; 7,8 : stomp R beside L, Hold

ENJOY !!



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