

# You and I

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Hiroko Carlsson (AUS) - October 2018

Music: You And I - Ingrid Michaelson : (iTunes)



(16 count intro)

**[S1] 2x Cross Kick-Side-Together-Fwd (RL)**

1 2 Kick R across L, Step R to side  
3 4 Step L together, Step R forward  
5 6 Kick L across R, Step L to side  
7 8 Step R together, Step L forward (12:00)

**[S2] Point, Slide Cross (for 2 counts), Side, Cross Rock, Side, Together**

1 Point R to side  
2 3 4 Sliding R across L (weight on L) (2 3), Step R to side (4)  
5 6 Rock/cross L over R, Recover weight on R  
7 8 Step L to side, Step R together (12:00)

**[S3] 1/4L Fwd, Scuff, Fwd Rock, Skate Back-Back, Back Rock**

1 2 Make a ¼ turn left stepping L forward, Scuff R  
3 4 Rock/step R forward, Recover weight on L  
5 6 Skate back RL  
7 8 Rock/step R back, Recover weight on L (9:00)

**[S4] Fwd-Heel Twist w/ 1/4R Hook-Fwd, Fwd-Heel Twist w/ 1/4L Hook, Hold**

1 2 Step R forward, Twist heels to the right  
3 4 Make a ¼ turn right on left foot and hook R in front of L, Step R forward (12:00)  
5 6 Step L forward, Twist heels to the left  
7 8 Make a ¼ turn left on right foot and hook L in front of R, Hold (9:00)

**[S5] Fwd, Step-Pivot 1/2L, Fwd, Step-Pivot 1/2R, Full Turn**

1 2 Step L forward, Step R forward  
3 4 Make a ½ turn left recover weight on L, Step R forward (3:00)  
5 6 Step L forward, Make a ½ turn right recover weight on R  
7 8 Make a ½ turn right stepping back on L, Make a ½ turn right stepping forward on R (9:00)

**[S6] Fwd Rock, Back-Lock-Back, 1/4L Back-Lock-Back**

1 2 Rock/step L forward, Recover weight on R  
3 4 Step L back, Lock/cross R over L  
5 6 Step L back, Make a ¼ turn left stepping back on R  
7 8 Lock/cross L over R, Step R back (6:00)

**[S7] Kick, Side, Rock Behind, Kick Side, Behind, 1/4R Fwd**

1 2 Kick L to left diagonal, Step L to side  
3 4 Rock/step R behind L, Recover weight on R  
5 6 Kick R to right diagonal, Step R to side  
7 8 Step L behind R, Make a ¼ turn right stepping forward on R (9:00)

**[S8] Side Toe Strut, 1/4R Side Toe Strut, 1/4R Side Toe Strut, Behind, Side**

1 2 L toe to side, Drop L heel down  
3 4 Make a ¼ turn right and R toe to side, Drop R heel down

5 6            Make a ¼ turn right and L toe to side, Drop L heel down  
7 8            Step R behind L, Step L to side (3:00)

**No Tags or Restarts**

**Please feel free to contact me if you need any further information. ([hirokoinedancing@gmail.com](mailto:hirokoinedancing@gmail.com))  
(updated: 20/Oct/18)**

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