

You And Me

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Beginner
编舞者: Nancy Rosera (USA) - March 2015
音乐: You and Me - Solomon Burke



S 1: WALK R, L - SHUFFLE FWD - ROCK R - REC L - COASTER

1 2 Walk fwd R, walk fwd L
3&4 Shuffle fwd R L R
5 6 Rock fwd L, recover R
7&8 Back L, R next to L, fwd L

S 2: SIDE ROCK - REC - CROSS SHUFFLE - R & L

1 2 Side rock R, recover L
3&4 Cross R over L, step L, cross R over L
5 6 Side rock L, recover R
7&8 Cross L over R, step R, Cross L over R

S 3: 1/4 TURN RIGHT - STEP TOUCH - STEP TOUCH - 2 TIMES

12 3 4 1/4 turn right, step R, touch L, step L, touch R
5 6 7 8 1/4 turn right, step R, touch L, step L, touch R

S 4: LINDY R - STEP TOUCH - STEP TOUCH

1&2 3 4 Side shuffle R L R, rock back L, recover R
5 6 7 8 Step L to left, touch R, step R to right, touch L

S 5: LINDY L - STEP TOUCH - STEP TOUCH

1&2 3 4 Side shuffle L R L, rock back R, recover L
5 6 7 8 Step R to right, touch L, step L to left, touch R

S 6: MAMBO FWD & BACK - JAZZ BOX W/ 1/4 TURN R

1&2 Rock fwd R, back L, step R next to L
3&4 Rock back L, fwd R, step L next to R
5 6 7 8 Cross R over L, back L, R to side, step L next to R

Contact: moenslake@yahoo.com