

# You And I Forever

COPPER KNOB  
BY SHEETS

拍数: 48      墙数: 2      级数: High Intermediate  
编舞者: Malene Jakobsen (DK) - October 2015  
音乐: You & I - Scorpions : (iTunes)



**Intro: 16 counts from the beat just before vocals, 18 sec. into track - dance begins with weight on R**  
There are 2 Restarts. One on wall 4 after 32 counts, you'll be facing 12.00 and on wall 5 after 36 counts, you will be facing 6.00

**Dedication: This is a birthday present from a woman (Anita) to her husband (Hans Jörgen), the song is his absolute favorite of all songs – I only contributed by choreographing it. Happy birthday Hans Jörgen**

## [1-8] Back, mambo, 3/4, point, 1/2 with sweep, cross, side, back rock

1-2&3      (1) Step back on L, (2) rock back on R, (&) recover onto L, (3) step fwd. on R 12.00  
4&5      (4) Step fwd. on L, (&) turn 3/4 R ending with R slightly crossed over L, (5) point L to L 9.00  
6-7      (6) Make 1/4 L stepping down on L sweeping R and continue sweeping another 1/4 L, (7)  
cross R over L 3.00  
&&&      (&) Step L to L, (8) rock back on R, (&) recover onto L 3.00

## [9-16] Side, back rock, 1/4, 1/2, 1/4, behind with sweep, behind side cross, monterey 1/4

1-2&3      (1) Step R to R, (2) rock back on L, (&) recover onto R, (3) turn 1/4 R stepping back on L 6.00  
4&5      (4) Turn 1/2 R stepping fwd. on R, (&) turn 1/4 R stepping L to L, (5) cross R behind L  
sweeping L 3.00  
6&7      (6) Cross L behind R, (&) step R to R, (7) cross L over R 3.00  
&&&      (&) Point R to R (8) turn 1/4 R stepping R next to L, (&) point L to L 6.00

## [17-25] 1/2, ball, run fwd., 1/2, step down, step, run 1/4, point, 3/8, ball cross 5/8

1-2&3      (1) Hitch L slightly and turn 1/2 L on ball of R, (2) step down on L, (&3) run fwd. R, L 12.00  
4&5      (4) Turn 1/2 R keeping weight on L, (&) step down on R, (5) step fwd. on L 6.00  
6&7      (6&7) Run fwd. R, L, R making 1/4 R and finishing with R slightly crossed over L 9.00  
&8      (&) Point L to L, (8) put weight on L turning 3/8 L ending with L slightly crossed over R 4.30  
&1      (&) Step slight fwd. on R, (1) cross L over R turning 5/8 and sweep R from back to front  
**\*\* &8&1 are done kinda on the spot, so make small steps 9.00**

## [26-32] Cross, side, back rock, side, 1/8, 1/8, fwd., step, fwd. rock

2&3      (2) Cross R over L, (&) step L to L, (3) rock back on R 9.00  
4&5      (4) Recover onto L, (&) step R to R, (5) turn 1/8 L stepping back on L 7.30  
6&7      (6) Turn 1/8 L stepping back on R, (&) step slightly fwd. on L, (7) step fwd. on R 6.00  
8&      (8) Rock fwd. on L, (&) recover onto R 6.00

**NOTE: Restart here on wall 4, you will be facing 12.00**

## [33-40] Back mambo, fwd. rock, run back, behind side cross, side rock cross

1-2&      (1) Rock back on L, (2) recover onto R, (&) step fwd. on L 6.00  
3-4      (3) Rock fwd. on R, (4) recover onto L 6.00  
&5      (&) Run back on R \*\* Restart here on wall 5 facing 6.00, (5) run back on L sweeping R from  
front to back 6.00  
6&7      (6) Cross R behind L, (&) step L to L, (7) cross R over L 6.00  
&&&      (&) Rock L to L, (8) recover onto R, (&) cross L over R 6.00

## [41-48] 1/2, run fwd., press, coaster, chase turn, fwd. mambo

1-2&      (1) Turn 1/4 L stepping back on R and on ball of R continue turning another 1/4 L, (2&) run  
fwd. L, R 12.00  
3      (3) Press ball of L fwd. 12.00

4&5 (4) Recover onto R, (&) step L next to R, (5) step fwd. on R 12.00  
6&7 (6) Step fwd. on L, (&) turn 1/2 R, (7) step fwd. on L 6.00  
&8& (&) Rock fwd. on R, (8) recover onto L, (&) step back on R 6.00

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