

# You And I (只有你和我) (zh)

COPPER KNOB  
BY STEPHENETS

拍数: 64      墙数: 0      级数: Intermediate  
编舞者: Oli Geir (ICE) & Hugrun (ICE) - 2009年07月  
音乐: Someday - Hera Bjork : (CD: Dansk Melodi Grand Prix 09)



前奏 : 32 Counts Intro. 32拍後起跳

**Note:** Dance pattern. A,A Tag, then B rest of the song

**舞步順序 :** A A Tag B B-----

Part A (Dance Part A Two Times) A部份跳二次

- 第一段**      **Slide Left. Hold. Back Rock. Side. Hold. Behind. Step Forward ¼ Turn Right. 左側滑, 候, 後下沉, 側, 候, 後, 踏轉1/4**
- 1-2      Slide Left to Left side, long step. Hold. 左足左滑大步, 候
- 3-4      Rock Right behind Left. Rock forward on Left. 右足於左足後下沉, 左足回復
- 5-6      Step Right to Right side, long step. Hold. 右足右踏, 候
- 7-8      Step Left behind Right. Turn ¼ turn Right stepping forward on Right. (Facing 3 o'clock)左足於右足後踏, 右轉90度右足前踏(面向3點鐘)
- 第二段**      **Step Pivot ½ Turn Right. Right Shuffle Forward. Hold. Left Forward Rock. 踏轉, 前交換, 候, 前下沉回復**
- 1-2      Step forward on Left. Pivot ½ Turn Right weight on Left. (Facing 9 o'clock) 左足前踏, 右軸轉180度重心在左足(面向9點鐘)
- 3-4      Step forward on Right. Step Left beside Right. 右足前踏, 左足併踏
- 5-6      Step forward on Right. Hold. 右足前踏, 候
- 7-8      Rock Left forward. Rock back on Right. 左足前下沉, 右足回復
- 第三段**      **Step Back. Hold. Sweep Coaster Step Turn ¼ Turn Right. Hold. Forward Rock. 後踏, 候, 海岸步帶右繞1/4, 候, 前下沉**
- 1-2      Step back on Left. Hold. 左足後踏, 候
- 3-4      Sweep Right out and around from front in to turning ¼ turn Right stepping back on Right. Step Left beside Right. (Facing 12 o'clock) 右足右繞轉90度右足後踏, 左足併踏(面向12點鐘)
- 5-6      Step forward on Right. Hold. 右足前踏, 候
- 7-8      Rock forward on Left. Rock back on Right. 左足前下沉, 右足回復
- 第四段**      **Step Back. Sweep. Step Behind. Sweep. Step Behind. Step, Step Diagonally Right. Hold. 後踏, 繞, 後踏, 繞, 後踏, 踏, 斜踏, 候**
- 1-2      Step back on Left. Sweep Right out and around. 左足後踏, 右足繞至後
- 3-4      Step Right behind Left. Sweep Left out and around. 右足於左足後踏, 左足繞至後
- 5-6      Step Left behind Right. Step Right diagonally Right. 左足於右足後踏, 右足右斜角踏
- 7-8      Step Left forward diagonally Right. Hold. 左足右斜角前踏, 候

**第五段****Step Diagonally Right. Hold. Step Back. Step Behind. Side Step. Hold. Cross Rock.** 右斜角, 候, 後踏, 後踏, 側踏, 候, 交叉下沉1-2 Step Right forward diagonally Right. Hold.  
右足右斜角前踏, 候3-4 Step back on Left. Step Right behind Left.  
左足後踏, 右足於左足後踏

5-6 Step Left to Left side. Hold. 左足左踏, 候

7-8 Cross rock Right over Left. Rock back on Left.  
右足於左足前交叉下沉, 左足回復**第六段****Turn ¼ Turn Right, Step. Step Pivot ¾ Turn Right. Sway Left. Hold. Sway Right. Hold.** 右1/4, 踏, 轉3/4, 左擺, 候, 右擺, 候1-2 Turn ¼ Turn Right stepping forward on Right. Hold. (Facing 3 oclock)  
右轉90度右足前踏, 候(面向3點鐘)3-4 Step forward on Left. Pivot ¾ turn Right. (Facing 12 oclock)  
左足前踏, 右軸270度(面向12點鐘)5-8 Sway body to Left. Hold. Sway body to Right. Hold.  
身體向左擺, 候, 身體向右擺, 候**第七段****Turn ½ Turn Right, Step Side. Hold. Cross Rock. Side Step. Hold. Cross Rock.** 右1/2, 側, 候, 交叉下沉, 側踏, 候, 交叉下沉1-2 Turn ½ turn Right stepping Left to Left side. Hold. (Facing 6 oclock)  
右轉180度左足左踏, 候(面向6點鐘)3-4 Cross rock Right over Left. Rock back on Left.  
右足於左足前交叉下沉, 左足回復

5-6 Step Right to Right side. Hold. 右足右踏, 候

7-8 Cross rock Left over Right. Rock back Left.  
左足於右足前交叉下沉, 左足回復**第八段****Turn ¼ Turn Left, Step Forward. Hold. Step Pivot ¼ Turn Left. Cross Step. Hold. Side Step. Together.** 左1/4, 踏, 候, 轉1/4, 交叉踏, 候, 側踏, 併1-2 Turn ¼ turn Left stepping forward on Left. Hold.  
左轉90度左足前踏, 候3-4 Step forward on Right. Pivot ¼ turn Left. (Facing 12 oclock)  
右足前踏, 左軸轉90度(面向12點鐘)

5-6 Cross step Right over Left. Hold. 右足於左足前交叉踏, 候

7-8 Step Left to Left side. Step Right beside Left.  
左足左踏, 右足併踏**TAG:** 8 Counts Tag Danced In END Of 2nd Wall 加拍, 第二面牆結束時

1-2 Step Left to Left Side. Hold 左足左踏, 候

3-4 Rock Right behind Left. Rock forward on Left.  
右足於左足後下沉, 左足回復5-8 Step Right to Right side. Hold. Touch Left next to Right. Hold.  
右足右踏, 候, 左足併點, 候**Part B B部份****第一段****Left Chasse. Back Rock. Kick Ball Cross. Side Rock.**  
左追步, 後下沉, 踢併交叉, 側下沉

- 1&2 Step Left into chasse Left, stepping Left, Right, Left.  
左追步-左, 右, 左
- 3-4 Rock back on Right. Rock forward on Left.  
右足後下沉, 左足回復
- 5&6 Kick Right diagonally Right. Step Right behind Left. Step Left across Right. 右足右斜踢, 右足於左足後踏, 左足於右足前交叉踏
- 7-8 Rock Right out to Right side. Recover onto Left.  
右足右下沉, 左足回復

**第二段 Sailor ½ Turn Right. Step Forw. Toe Touch Forward. Point Side. Hitch ½ Turn Right. Step Lock Step.**  
**右1/2水手, 前踏, 趾前點, 側點, 右1/2抬, 前鎖步**

- 1&2 Step Right behind Left. Turn ¼ turn R. stepping Left to left side. Turn ¼ turn R. Step Right forward.  
右足於左足後踏, 右轉90度左足左踏, 右轉90度右足前踏
- 3-4 Step forward on Left. Touch Right toe forward.  
左足前踏, 右足趾前點
- 5-6 Point Right out to Right side. Hitch up Right knee and turn ½ turn Right. (Facing 12 oclock) 右足右點, 右膝抬右轉180度(面向12點鐘)
- 7&8 Step forward on Right. Lock step Left behind Right. Step forward on Right. 右足前踏, 左足於右足後踏, 右足前踏

**第三段 Forward Rock. Left Shuffle ½ Turn Left. Right Shuffle ½ Left. Coaster Step. 前下沉, 轉交換, 轉交換, 海岸步**

- 1-2 Rock forward on Left. Rock back on Right. 左足前下沉, 右足回復
- 3&4 Step Left into shuffle ½ turn Left, stepping Left, Right, Left.  
左180度轉交換-左, 右, 左
- 5&6 Step Right into shuffle ½ turn Left, stepping Right, Left, Right.  
左180度轉交換-右, 左, 右
- 7&8 Step back on Left. Step Right beside Left. Step forward on Left.  
左足後踏, 右足併踏, 左足前踏

**第四段 Walk Forward Right & Left. Right Mambo Step. Walk Back Left & Right. Coaster Cross. 前走-右, 左, 曼波, 後走-左, 右, 海岸交叉**

- 1-2 Walk forward Right. Walk forward Left 右足前走, 左足前走
- 3&4 Rock forward on Right. Rock back on Left. Step back on Right.  
右足前下沉, 左足回復, 右足後踏
- 5-6 Walk back on Left. Walk back on Right. 左足後走, 右足後走
- 7&8 Step back on Left. Step Right beside Left. Step Left across Right.  
左足後踏, 右足併踏, 左足於右足前交叉踏

**第五段 Right Side Rock. Cross Shuffle. Left Side Rock. Cross Shuffle.**  
**右下沉, 交叉交換, 左下沉, 交叉交換**

- 1-2 Rock Right out to Right side. Recover onto Left.  
右足右下沉, 左足回復
- 3&4 Step Right across Left. Step Left to Left side. Step Right across Left. 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 5-6 Rock Left out to Left side. Recover onto Right. 左足左下沉, 右足回復
- 7&8 Step Left across Right. Step Right to Right side. Step Left across Right. 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

- 第六段**      **½ Turn Left. Cross Rock. Right Chasse ¼ Turn Right. Full Turn Right (Trawelling Forward)**  
左1/2, 交叉下沉, 右追步帶右1/4, 右轉圈
- 1-2      Turn ¼ turn Left stepping back on Right. Turn ¼ turn Left stepping Left to Left side.左轉90度右  
足後踏, 左轉90度左足左踏
- 3-4      Cross rock Right over Left. Rock back Left.  
右足於左足前交叉下沉, 左足回復
- 5&6      Step Right to right side. Step Left beside Right. Turn ¼ turn Right stepping Right forward.右足右  
踏, 左足併踏, 右轉90度右足前踏
- 7-8      Turn ½ turn Right stepping back on Left. Turn ½ turn Right stepping forward on Right.右轉180度  
左足後踏, 右轉180度右足前踏
- 第七段**      **Forward Rock. Coaster Step. Step Pivot ½ Turn Left. Walk Right. Walk Left.前下沉, 海岸步, 踏  
轉, 走, 走**
- 1-2      Rock forward on Left. Rock Back on Right.左足前下沉, 右足回復
- 3&4      Step back on Left. Step Right beside Left. Step forward on Left.  
左足後踏, 右足併踏, 左足前踏
- 5-6      Step forward on Right. Pivot ½ turn Left.右足前踏, 左軸轉180度
- 7-8      Walk forward Right. Walk forward Left.右足前走, 左足前走
- 第八段**      **Forward Rock. Coaster Step. Step Across. Side Step. Back Rock.**  
前下沉, 海岸步, 交叉踏, 側踏, 後下沉
- 1-2      Rock forward on Right. Rock back on Left.右足前下沉, 左足回復
- 3&4      Step back on Right. Step Left beside Right. Step forward on Right.  
右足後踏, 左足併踏, 右足前踏
- 5-6      Step Left across Right. Step Right to Right side.  
左足於右足前交叉踏, 右足右踏
- 7-8      Rock back on Left. Rock forward on Right. 左足後下沉, 右足回復
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