

More You

拍数: 48 墙数: 4 级数: Phrased Easy Intermediate
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音乐: More You - George Canyon



Intro: 16 Counts (Approx 8 sec)

Seq: ABT, AB, AB, AAA, AA

Part A: 32 Counts

Sec A1: Side Shuffle, Rock/Recover, Kick Ball Cross, Kick Ball Cross

1&2 Step Right to right side (1), Step Left beside right (&), Step Right to right side (2)
3-4 Step Left back (3), Recover weight forward on Right (4)
5&6 Kick left forward (5), Step Left beside right (&), Cross Right over left (6)
7&8 Kick left forward (7), Step Left beside right (&), Cross Right over left (8)

Sec. A2: Side Shuffle, Rock/Recover, ½ Turn Jazz Box

1&2 Step Left to left side (1), Step Right beside left (&), Step Left to left side (2)
3-4 Step Right back (3), Recover weight forward on Left (4)
5-6 Cross Right over left (5), Step back Left making ¼ turn right (3:00) (6)
7-8 Step Right to right side making ¼ turn right (6:00) (7), Step Left beside right (8)

Sec. A3: Point, Point, Sailor Step, Point, Point, Sailor ¼ Turn

1-2 Point Right forward (1), Point Right to right side (2)
3&4 Cross Right behind left (3), Step Left to left side (&), Step Right at Center (4)
5-6 Point Left forward (5), Point Left to left side (6)
7&8 Cross Left behind right (7), Step Right to right side making ¼ turn left (3:00), Step Left at center (8)

Sec. A4: Heel Grind, Coaster Step, Heel Jacks

1-2 Dig Right heel forward rotating to from (L-R) (1), Shift weight back onto Left (2)
3&4 Step Right back (3), Step Left back beside right (&), Step Right forward (4)
5&6& Cross Left over Right (5), Step Right back (&), Tap Left heel forward (6), Step Left beside right (&)
7&8 Cross Right over left (7), Step Left back (&), Tap Right Heel forward (8)

Part B: 16 Counts

Sec B1: Vine, ¼ Turn Hitch, Vine, Touch

1-4 Step Right to right side (1), Cross Left behind right (2), Step Right to right side (3), Hitch Left knee up making ¼ turn right on Right (4)
5-8 Step Right to right side (5), Cross Left behind Right (6), Step Right to right side (7), Touch Left beside (8)

Sec. B2: Vine, ¼ Turn Hitch, Rock/Recover, Coaster Step

1-4 Step Right to right side (1), Cross Left behind right (2), Step Right to right side (3), Hitch Left knee up making ¼ turn right on Right (4)
5-6 Step Left Forward (5), Recover weight back on Right (6)
7&8 Step Left back (7), Step Right back beside left (&), Step Left forward (8)

Tag: 4 Counts

Full Monterey

1-4 Point Right to right side (1), Bring Right in beside making a full turn right (clockwise) stepping down on right (2), Point Left to left side (3), Step Left beside right (4)

Enjoy!

