

# You & I

拍数: 48      墙数: 4      级数: High Beginner  
编舞者: Rex Allott (UK) - January 2023  
音乐: Grow Old with Me - Tom Odell



## Intro - 24 beats

### S1. Step slide L, twinkle R

1-3.            Step L to L, slide R next to L, pause  
4-6.            Cross L over R, step R, L

### S2. Step slide R, twinkle L

1-3.            Step R to R, slide L. next to R, pause  
4-6.            Cross R over L, step L, R

### S3. Fwd waltz step L, back R

1-3.            Step L fwd, step R next to L (raising & lowering both heels)  
4-6.            Step R back, step L next to R (raising & lowering both heels )

### S4. R cross twinkle 1/4 R, 1/2 R

1-3.            Turning 1/4 R cross R over L, step L, R  
4-6.            Turning 1/2 R, cross R over L, step L,R

### S5. Vine R, fwd cross L

1-3.            Cross L behind R, step R to R, cross L over R  
4-6.            Step R diagonally out R, step L back L, step R next to L

### S6. Vine L, fwd cross R

1-3.            Cross R behind L, step L to L, cross R over L  
4-6.            Step L diagonally out L, step R back R, step L next to R

### S7. L cross step, mambo rock step R

1-3.            Cross L over R, pause x 2  
4-6.            Step R to R, lifting L foot off the floor, step L to L, lifting R foot off the floor, step R next to L

### S8. R cross step, mambo rock step L

1-3.            Cross R over L, pause x 2  
4-6.            Step L to L, lifting R foot off the floor, step R to R, lifting L foot off the floor, step L next to R

Restart after S4. (plus S3. as a tag) on walls 2 (3 o'clock) 4 (9 o'clock) & 6 (3 o'clock)

Restart after S4. only, on wall 8 (9 o'clock)

Dance finishes on S6./ S7. facing front