You And I Both



编舞者: Natalie Thorp

音乐: You & I Both - Jason Mraz



WALK FORWARD RIGHT, LEFT, FORWARD RIGHT COASTER, BEHIND UNWIND ½ LEFT, RIGHT KICK BALL STEP

1-2-3&4 Walk forward right, left, step right forward, step left together, step right back

5-6-7&8 Touch left behind right, unwind ½ left (weight on left) kick right forward, step right next to left,

step left forward

ROCK, REPLACE, ACROSS, SIDE, REPLACE, STEP, ROCK, REPLACE, 1 1/2 TRIPLE RIGHT

1-2&3-4 Rock right to right side, replace on left, step right across left, step left to left side, replace on

right. (moving forward)

&5-6-7&8 Step left together, rock right forward, replace weight on left

7&8 1 ½ triple turning right stepping right, left, right

ROCK FORWARD, BACK LOCK, POINT SIDE, POINT ACROSS, POINT SIDE, TOGETHER, POINT SIDE

1-2-3&4 Rock left forward, replace on right, step left back, step right across left, step left back

5-6-7&8 Point right to right side, point right across left, point right to right side, step right together,

point left to left side

1/4 LEFT TURNING SAILOR, RIGHT FORWARD COASTER, FULL TURN BACK LEFT, BACK LEFT COASTER

1&2-3&4 Step left behind right, turning ¼ left step right to right side, step left to center, step right

forward, step left beside right, step right back

5-6-7&8 Turn ½ left stepping forward on left, turn ½ left stepping back on right, step left back, step

right beside left, step left forward

STEP DRAG, HEEL AND TOUCH, HIP BUMPS LEFT, HIP BUMPS RIGHT WITH 1/4 LEFT TURN

1-2&3&4 Big step forward right 45 degrees, drag left together, step slightly back 45 degrees on left,

touch right heel forward step right in place, touch left beside right

5&6-7&8 Step left to left side pushing hips left, right, left, push hips right, left turning 1/4 left replace

weight on right

ROCK BACK, REPLACE, 1 1/4 RIGHT TRIPLE FORWARD, RIGHT SAILOR, UNWIND 1/2 LEFT

1-2-3&4 Rock left back, replace weight on right, 1 ½ triple right stepping left, right, left

5&6-7-8 Step right behind left, rock/step left to left side, replace weight on right, touch left behind right,

unwind 1/2 left (weight on left)

ROCK ACROSS, REPLACE, SIDE, ACROSS, POINT, 1/2 RIGHT SAILOR, 1/2 TURN LEFT

1-2&3-4 Rock right over left, replace on left, step right to right side, step left across right, point right to

right side

5&6 Step right behind left, turning 1/4 right step left to left side, step right to center

7-8 Step forward 45 degrees on left, turning ½ left step back on right

STEP BACK, TOUCH ACROSS, FORWARD, TOUCH, HOLD, SWAY LEFT, RIGHT, HINGE TURN ½ RIGHT, TOUCH

1-2&3-4 Step left back, touch right across left, step right forward, touch left next to right, hold with a

clap

5-6-7-8 Sway left, sway right, replace weight on left, hinge ½ turn to right, touch right beside left

REPEAT

ENDING

To finish dance, at beat 48, unwind 1/4 left to face front

RESTART

On wall 2, after 48 beats, unwind 3/4 instead of 1/2 to back, (weight on left)

On wall 3, after 32 beats, change coaster to left ¼ turning coaster to front (weight on left)

On wall 4, after 56 beats, instead of making ½ turn, step left forward, touch right beside left facing back

On wall 6, after 32 beats, change coaster to left 1/4 turning coaster to back (weight on left)