

# You Know

拍数: 40      墙数: 4      级数: Improver  
编舞者: Nancy Morgan (USA)  
音乐: Beer & Bones (Dance Mix) - John Michael Montgomery



## GRIND HEEL, ROCK STEP, GRIND HEEL, ROCK STEP

- 1-2 Put right heel forward as you grind right heel from left (9:00) to right (1:00)
- 3-4 Rock step - rock back on your right foot and forward on your left
- 5-6 Put right heel forward as you grind right heel from left (9:00) to right (1:00)
- 7-8 Rock step - rock back on your right foot and forward on your left

## GRIND HEEL, TOE DOWN, GRIND HEEL, TOE DOWN, MONTEREY TURN

- 1-2 Put right heel forward as you grind heel from left (9:00) to forward (12:00) then drop toe to floor (weight is on right)
- 3-4 Put left heel forward as you grind heel from right (3:00) to forward (12:00) then drop toe to floor (weight is on left)
- 5-6-7-8 Monterey turn - touch right toe out to right side, turn  $\frac{1}{2}$  turn to your right as you put right foot next to your left, touch left toe out to left side, put left foot next to right (weight is on left)

## SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, ROCK STEP

- 1&2 Right side shuffle - right, left, right
- 3-4 Rock back on left and forward on right
- 1&2 Left side shuffle - left, right, left
- 3-4 Rock back on right and forward on left

## $\frac{1}{2}$ TURN SHUFFLE, $\frac{1}{2}$ TURN SHUFFLE, FORWARD ROCK, BACK ROCK

- 1&2 As you turn  $\frac{1}{2}$  turn to your left, shuffle back - right, left, right
- 3&4 As you turn  $\frac{1}{2}$  turn to your left, shuffle forward - left, right, left

### Low impact option:

- 1&2 Shuffle forward - right, left, right
- 3&4 Shuffle forward - left, right, left
  
- 5-6 Step forward on right and rock back on left
- 7-8 Step back on right and rock forward on left

## $\frac{1}{2}$ TURN PIVOT, $\frac{1}{4}$ TURN PIVOT, STOMP RIGHT, LEFT, QUICKLY HOP BACK, CLAP

- 1-2 Step forward on right, turn  $\frac{1}{2}$  turn to your left (weight on left)
- 3-4 Step forward on right, turn  $\frac{1}{4}$  turn to your left (weight on left)
- 5-6 Stomp right foot forward, stomp left foot forward (shoulder width apart)
- &7-8 Hop quickly back with feet together - step back on right, step left next to right, clap

## REPEAT