

Me And You

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Sebastiaan Holtland (NL) & Wendy Ho Ten Soeng (NL) - April 2008
音乐: Me and You - Kenny Chesney



Start the dance at facing 12:00, you starts at the 10th seconds

L STEP BACK, R STEP FWD WITH 1/2 TURN R, STEP 1/2 PIVOT TURN R, PRESS, 1/2 RELEVÉ TENDU STEP CROSS, SIDE, 1/2 SAILOR CROSS

- 1-2 Step back on Lf, turn 1/2 R and step forward on Rf weight onto Rf (6:00)
- 3&4 Step forward on Lf, pivot 1/2 right take weight onto Rf, press forward on Lf (12:00)
- 5 Recover on Rf rise on R toes and turn 1/2 left on R toes and rising your L knee up and holding your Lf in back of the knee (6:00)
- 6&7 Stepping Lf to the left side, step Rf across Lf, stepping Lf to the left side weight onto Lf
- 8&1 Step Rf behind Lf, turn 1/2 right and step Lf to the left side, stepping Rf across Lf take weight onto both feet (12:00)

UNWIND 1/2, FULL 1/4 CHANNE TURN, BASIC NIGHTCLUB STEP 1/4 TURN, STEP FWD, 1/4 PIVOT TURN L, CROSS BACK SIDE

- 2 Turning 1/2 L on both feet take weight onto Rf (12:00)
- &3 Take weight back onto Lf and step Rf next to Lf and continue a full turn left on the both feet turning 1/4 continue left, and step Rf to right side weight onto Rf with drag on Lf (3:00)
- 4&5 Rock Lf behind Rf, recover on Rf, turn 1/4 left and step forward on Lf (12:00)
- 6&7 Step forward on Rf, pivot 1/4 left on Rf, take weight onto Lf (9:00)
- 8&1 Step Rf across Lf, step back on Lf, step Rf to the right side and drag your Lf (9:00)

Option: On the counts 2&3 you can't dance easy steps if you want:

You can't dance: Turning 1/2 L on both feet take weight onto Rf, Turn 1/4 R and step Rf to the right side, and drag on you Lf (3:00)

BASIC NIGHTCLUB, BACK BASIC NIGHTCLUB WITH 1/4 TURN R, RUNNING FWD, PRESS HOLD / RECOVER, RONDE DE JAMBRE

- 2&3 Rock Lf behind Rf, recover on Rf, step Lf to the left and drag your Rf weight onto Lf (9:00)
- 4&5 Step back on Rf on diagonal, step back on Lf on diagonal, turn 1/4 right and step Rf to the right side and drag your Lf (12:00)
- 6&7 Step forward on Lf, step forward Rf, Step forward on Lf and press forward on Lf Weight onto Lf (12:00)
- 8 Hold
- &1 recover on Rf, lift your L leg up and rondé him from front to back Holding weight onto the Rf (12:00)

BEHIND, SIDE CROSS, STEP BACK, SIDE WITH 1/4 TURN L, SIDE, ROCK & CROSS, HITCH CROSS, FULL UNWIND L

- 2&3 Step Lf behind Rf, step Rf to the right side, step Lf across Rf weight onto Lf (12:00)
- 4&5 Step Rf back on diagonal, turn 1/4 left and step Lf to the left side, and step Rf to right side weight onto Rf (9:00)

Note: From here at the 5th wall you get a restart after the counts 4&5 from the 4th section

- 6&7 Rock Lf to the side, recover on Rf, and step Lf across Rf weight onto Lf, Hitch R knee forward on diagonal
- 8& Step Rf across Lf weight onto both feet Unwind a full left and take weight onto Rf (9:00)

Start the dance again

Note: From here AFTER the 3rd & 6th wall you get a 2 counts HOLD, after the counts 8& from the 4th section

