

You And I

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Oli Geir (ICE) & Hugrun (ICE) - July 2009
音乐: Someday - Hera Bjork : (CD: Dansk Melodi Grand Prix 2009)



32 Counts Intro.

Part A (Dance Part A Two Times)

Slide Left. Hold. Back Rock. Side. Hold. Behind. Step Forward ¼ Turn Right.

- 1-2 Slide Left to Left side, long step. Hold.
- 3-4 Rock Right behind Left. Rock forward on Left.
- 5-6 Step Right to Right side, long step. Hold.
- 7-8 Step Left behind Right. Turn ¼ turn Right stepping forward on Right. (Facing 3 o'clock)

Step Pivot ½ Turn Right. Right Shuffle Forward. Hold. Left Forward Rock.

- 1-2 Step forward on Left. Pivot ½ Turn Right weight on Left. (Facing 9 o'clock)
- 3-4 Step forward on Right. Step Left beside Right.
- 5-6 Step forward on Right. Hold.
- 7-8 Rock Left forward. Rock back on Right.

Step Back. Hold. Sweep Coaster Step Turn ¼ Turn Right. Hold. Forward Rock.

- 1-2 Step back on Left. Hold.
- 3-4 Sweep Right out and around from front in to turning ¼ turn Right stepping back on Right.
Step Left beside Right. (Facing 12 o'clock)
- 5-6 Step forward on Right. Hold.
- 7-8 Rock forward on Left. Rock back on Right.

Step Back. Sweep. Step Behind. Sweep. Step Behind. Step, Step Diagonally Right. Hold.

- 1-2 Step back on Left. Sweep Right out and around.
- 3-4 Step Right behind Left. Sweep Left out and around.
- 5-6 Step Left behind Right. Step Right diagonally Right.
- 7-8 Step Left forward diagonally Right. Hold.

Step Diagonally Right. Hold. Step Back. Step Behind. Side Step. Hold. Cross Rock.

- 1-2 Step Right forward diagonally Right. Hold.
- 3-4 Step back on Left. Step Right behind Left.
- 5-6 Step Left to Left side. Hold.
- 7-8 Cross rock Right over Left. Rock back on Left.

Turn ¼ Turn Right, Step. Step Pivot ¾ Turn Right. Sway Left. Hold. Sway Right. Hold.

- 1-2 Turn ¼ Turn Right stepping forward on Right. Hold. (Facing 3 o'clock)
- 3-4 Step forward on Left. Pivot ¾ turn Right. (Facing 12 o'clock)
- 5-8 Sway body to Left. Hold. Sway body to Right. Hold.

Turn ½ Turn Right, Step Side. Hold. Cross Rock. Side Step. Hold. Cross Rock.

- 1-2 Turn ½ turn Right stepping Left to Left side. Hold. (Facing 6 o'clock)
- 3-4 Cross rock Right over Left. Rock back on Left.
- 5-6 Step Right to Right side. Hold.
- 7-8 Cross rock Left over Right. Rock back Left.

Turn ¼ Turn Left, Step Forward. Hold. Step Pivot ¼ Turn Left. Cross Step. Hold. Side Step. Together.

- 1-2 Turn ¼ turn Left stepping forward on Left. Hold.
- 3-4 Step forward on Right. Pivot ¼ turn Left. (Facing 12 o'clock)

- 5-6 Cross step Right over Left. Hold.
- 7-8 Step Left to Left side. Step Right beside Left.

Tag: 8 Counts Tag Danced In End Of 2nd Wall

- 1-2 Step Right to Right Side. Hold
- 3-4 Rock Right behind Left. Rock forward on Left.
- 5-8 Step Right to Right side. Hold. Touch Left next to Right. Hold.

Part B

Left Chasse. Back Rock. Kick Ball Cross. Side Rock.

- 1&2 Step Left into chasse Left, stepping Left, Right, Left.
- 3-4 Rock back on Right. Rock forward on Left.
- 5&6 Kick Right diagonally Right. Step Right behind Left. Step Left across Right.
- 7-8 Rock Right out to Right side. Recover onto Left.

Sailor ½ Turn Right. Step Forw. Toe Touch Forward. Point Side. Hitch ½ Turn Right. Step Lock Step.

- 1&2 Step Right behind Left. Turn ¼ turn R. stepping Left to left side. Turn ¼ turn R. Step Right forward.
- 3-4 Step forward on Left. Touch Right toe forward.
- 5-6 Point Right out to Right side. Hitch up Right knee and turn ½ turn Right. (Facing 12 o'clock)
- 7&8 Step forward on Right. Lock step Left behind Right. Step forward on Right.

Forward Rock. Left Shuffle ½ Turn Left. Right Shuffle ½ Left. Coaster Step.

- 1-2 Rock forward on Left. Rock back on Right.
- 3&4 Step Left into shuffle ½ turn Left, stepping Left, Right, Left.
- 5&6 Step Right into shuffle ½ turn Left, stepping Right, Left, Right.
- 7&8 Step back on Left. Step Right beside Left. Step forward on Left.

Walk Forward Right & Left. Right Mambo Step. Walk Back Left & Right. Coaster Cross.

- 1-2 Walk forward Right. Walk forward Left.
- 3&4 Rock forward on Right. Rock back on Left. Step back on Right.
- 5-6 Walk back on Left. Walk back on Right.
- 7&8 Step back on Left. Step Right beside Left. Step Left across Right.

Right Side Rock. Cross Shuffle. Left Side Rock. Cross Shuffle.

- 1-2 Rock Right out to Right side. Recover onto Left.
- 3&4 Step Right across Left. Step Left to Left side. Step Right across Left.
- 5-6 Rock Left out to Left side. Recover onto Right.
- 7&8 Step Left across Right. Step Right to Right side. Step Left across Right.

½ Turn Left. Cross Rock. Right Chasse ¼ Turn Right. Full Turn Right (Trawelling Forward)

- 1-2 Turn ¼ turn Left stepping back on Right. Turn ¼ turn Left stepping Left to Left side.
- 3&4 Cross rock Right over Left. Rock back Left.
- 5&6 Step Right across Left. Step Left to Left side. Step Right across Left.
- 7-8 Turn ½ turn Right stepping back on Left. Turn ½ turn Right stepping forward on Right.

Forward Rock. Coaster Step. Step Pivot ½ Turn Left. Walk Right. Walk Left.

- 1-2 Rock forward on Left. Rock Back on Right.
- 3&4 Step back on Left. Step Right beside Left. Step forward on Left.
- 5-6 Step forward on Right. Pivot ½ turn Left.
- 7-8 Walk forward Right. Walk forward Left.

Forward Rock. Coaster Step. Step Across. Side Step. Back Rock.

- 1-2 Rock forward on Right. Rock back on Left.
- 3&4 Step back on Right. Step Left beside Right. Step forward on Right.

5-6 Step Left across Right. Step Right to Right side.
7-8 Rock back on Left. Rock forward on Right.
