

US (aka She & I)

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Gordon Elliott (AUS) - March 2014
音乐: She and I - Toby Keith : (Album: Alabama & Friends)



Original Position: Feet Together W Eight On The Left Foot.
This dance is done in FOUR directions. Introduction : 32 Beats

FORWARD, FORWARD, KICK BALL STEP, FORWARD, ROCK, COASTER CROSS

1, 2 Step R Forward, Step L Forward,
3 & 4 Kick R Forward, Step R Together, Step L Forward,
5, 6 Step R Forward, Rock Back Onto L
7 & 8 Coaster: Step R Back, Step L Together, Step R Across In Front Of Left

SIDE, ROCK, BEHIND-SIDE-ACROSS, SIDE, BEHIND & ACROSS, TOUCH

1, 2 Step L To The Side, Side Rock Onto R,
3 & 4 Step L Behind Right, Step R To The Side, Step L Across In Front of Right
5, 6 & Step R To The Side, Step L Behind Right, Step R To The Side,
7, 8 Step L Across In Front of Right, Touch R Toe To The Side.

SAILOR STEP, SAILOR STEP, BEHIND, 1/2 UNWIND, ACROSS, ROCK

1 & 2 Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,
3 & 4 Sailor : Step L Behind Right, Step R To The Side, Step L To The Side,
5, 6 Touch R Toe Behind Left, Unwind Turning 180° Right Take Weight Onto R
7, 8 Step L Across In Front of Right, Rock Onto R.

1/4 SHUFFLE FORWARD, 1/2 SHUFFLE BACK, COASTER STEP, FORWARD, FORWARD

1 & 2 Turn 90° Left Shuffle Forward Step : L-R-L
3 & 4 Turn 180° Left Shuffle Back Step : R-L-R,
5 & 6 Coaster : Step L Back, Step R Together, Step L Forward
7, 8 Step R Forward Step L Forward

TOUCH & TOUCH & HEEL & HEEL & ROCKING CHAIR

1 & Touch R Toe To The Side, Step R Together,
2 & Touch L Toe To The Side, Step L Together,
3 & Touch R Heel Forward, Step R Together,
4 & Touch L Heel Forward, Step L Together,
5, 6 Rocking Chair : Step R Forward, Rock Back Onto L,
7, 8 Step R Back, Rock Forward onto L.

FORWARD, ROCK, BACK, HOLD & BACK, HOLD & BACK, ROCK

1, 2 Step R Forward, Rock Back Onto L,
3, 4 & Step R Back, Hold & Clap, Step L Together,
5, 6 & Step R Back, Hold & Clap, Step L Together,
7, 8 Step R Back, Rock Forward Onto L. ##

PIVOT TURN, PIVOT TURN, OUT-OUT-IN-IN, BOUNCE, BOUNCE PIVOT :

1, 2 Step R Forward, Turn 180° Left Take Weight Onto L,
3, 4 Pivot : Step R Forward, Turn 180° Left Take Weight Onto L,
& 5 Step R To The Side, Step L To The Side,
& 6 Step R To The Centre, Step L Together,
7, 8 Bounce Both Heels Up & Down, Bounce Both Heels Up & Down.

FORWARD, 1/2 BACK, COASTER STEP, FORWARD, 1/2 BACK, COASTER STEP

1, 2 Step R Forward, Turn 180° Right Step L Back,
3 & 4 Coaster : Step R Back, Step L Together, Step R Forward,
5, 6 Step L Forward, Turn 180° Left Step R Back,
7 & 8 Coaster : Step L Back, Step R Together, Step L Forward

[64] □ Repeat The Dance In New Direction

RESTARTS 1: On W ALL 2 & WALL 4 dance to BEAT 48 (##) & RESTART to BACK & FRONT.

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