

She Knows Me

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Chris Jackson (UK) - October 2014
音樂: She Knows Me - Bryan Adams : (Album: Tracks Of My Years)



#16-count intro start on vocals. 1 restart.

SECTION 1: STEP, TURN, STEP, TURN, SHUFFLE RIGHT, PIVOT A QUARTER

1,2,3,4 Step forward right, pivot a half turn left, step forward right, pivot a half turn left
5&6,7,8 Shuffle forward R/L/R, step forward left, pivot a quarter turn right (3.0)

SECTION 2: STEP, TURN, STEP, TURN, SHUFFLE LEFT, PIVOT A QUARTER

1,2,3,4 Step forward left, pivot a half turn right, step forward left, pivot a half turn right
5&6,7,8 Shuffle forward L/R/L, step forward right, pivot a quarter turn left (12.0)

SECTION 3: CROSS, SIDE, BEHIND-SIDE-CROSS, SIDE, BEHIND-SIDE-CROSS, SIDE

1,2,3&4 Cross right over left, left to left side, right behind left, left to left side, cross right over left
5,6&7,8 Left to left side, right behind left, left to left side, cross right over left, left to left side

SECTION 4: BACK ROCK, HALF, HALF, PIVOT A HALF, SHUFFLE RIGHT

1,2,3,4 Rock back on right, recover on left, make a half turn left stepping back on right, make a half
turn left stepping forward on left
5,6,7&8 Step forward right, pivot a half turn left, shuffle forward R/L/R (6.0)

SECTION 5: HALF, QUARTER/SWEEP, BACK ROCK, HALF, HALF, SHUFFLE RIGHT

1,2,3,4 Make a half turn right stepping back on left, sweep right from front to back making another
quarter turn right (turning on left toe) completing a three-quarter turn right, rock back on right,
recover on left (3.0)

Restart here on Wall 2 facing front

5,6,7&8 Moving forward make a half turn left stepping back on right, make another half turn left
stepping forward on left, shuffle forward R/L/R

SECTION 6: HALF, QUARTER/SWEEP, BACK ROCK, STEP, HALF, SHUFFLE A QUARTER

1,2,3,4 Make a half turn right stepping back on left, sweep right from front to back making another
quarter turn right (turning on left toe) completing a three-quarter turn right, rock back on right,
recover on left (12.0)
5,6,7&8 Step forward right, moving forward make a half turn right stepping back on left, shuffle a
quarter turn to your right R/L/R (9.0)

SECTION 7: CROSS, BACK, CHASSE LEFT, CROSS, POINT, CROSS, POINT

1,2,3&4 Cross left over right, step back on right, left to left side, right next to left, left to left side
5,6,7,8 Cross right over left, point left to left side, cross left over right, point right to right side

SECTION 8: SAILOR HALF TURN, FORWARD ROCK, HALF, HALF, SHUFFLE A HALF

1&2,3,4 Step right behind left making a half turn to your right, left to left side, right to right side, rock
forward on left, recover on right
5,6,7&8 Make a half turn left stepping forward on left, make another half turn left stepping back on
right, shuffle a half turn left L/R/L (9.0)

Restart: On Wall 2 dance up to Section 5, Step 4, and start again facing 12.0.

Ending: On Wall 7 (starting 12.0) dance up to Section 6, Step 4 and 5, Step forward right, 6 pivot a half turn left, 7 step forward right, 8 pivot a half turn left.

Contact: floorshakers@btinternet.com
