

Me + You

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Hiroko Carlsson (AUS) - January 2022
音樂: Me + You - SABAI & Rave New World : (Spotify)



(16 counts intro)

[S1] Diagonal Back Touches, Scissor Cross-1/4R, Diagonal Back Touches, Scissor Cross

1&2& Step diagonally back on R, Touch L next to R, Step diagonally back on L, Touch R next to L
3&4& Step R to the side, Step L close to R, Cross R over L, Make a 1/4 turn right stepping back on L (3:00)
5&6& Step diagonally back on R, Touch L next to R, Step diagonally back on L, Touch R next to L
7&8 Step R to the side, Step L close to R, Cross R over L

[S2] Side-Together-Side-Together-Side Rock, Cross-&Cross-&Cross Rock-1/4L Shuffle Fwd

1&2& Step L to the side, Step R together, Step L to the side, Step R together,
3&4& Rock L to the side, Replace weight on R, Cross L over R, Step R beside L
5&6& Cross L over R, Step R beside L, Rock across L over R, Relace weight on R
7&8 Make a 1/4 turn left stepping forward on L, Step R next to L, Step forward on L (12:00)

[S3] Toe Strut-Fwd Rock, Toe Strut-Back Rock, Step-Pivot 1/2L, Rocking Chair, Fwd-1/4R

1&2& Step forward on R toes, Drop R heel down, Rock forward on L, Replace weight on R
3&4& Step back on L toes, Drop L heel down, Rock back on R, Replace weight on L
5& Step forward on R, Make a 1/2 turn left stepping recover weight on L (6:00)
6&7& Rock forward on R, Replace weight on L, Step back on R, Replace weight on L
8& Step forward on R, Make a 1/4 turn right stepping L to the side (9:00)

[S4] Sailor Step, Heel Grind 1/4L-Point, Sailor 1/4L-Fwd, Fwd Rock-1/2R-Together

1&2 Step R behind L, Step L to the side, Step R to the side
3&4 Dig L heel forward/slightly across, Grind L heel to the left making 1/4 turn left/stepping back on R, Point L to the left (6:00)
5&6 Step L behind R, Make a 1/4 turn left stepping R beside L, Step forward on L (3:00)
7& Rock forward on R, Replace weight on L
8& Make a 1/2 turn right stepping forward on R, Step L together (9:00)

Ending suggestion: The last wall starts facing 9:00. Dance up to count 28, then Step forward on R(7)-Hold (8) (12:00)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 12/Jan/22)