

You & I

拍數: 48 牆數: 4 級數: High Beginner
編舞者: Rex Allott (UK) - January 2023
音樂: Grow Old with Me - Tom Odell



Intro - 24 beats

S1. Step slide L, twinkle R

1-3. Step L to L, slide R next to L, pause
4-6. Cross L over R, step R, L

S2. Step slide R, twinkle L

1-3. Step R to R, slide L. next to R, pause
4-6. Cross R over L, step L, R

S3. Fwd waltz step L, back R

1-3. Step L fwd, step R next to L (raising & lowering both heels)
4-6. Step R back, step L next to R (raising & lowering both heels)

S4. R cross twinkle 1/4 R, 1/2 R

1-3. Turning 1/4 R cross R over L, step L, R
4-6. Turning 1/2 R, cross R over L, step L,R

S5. Vine R, fwd cross L

1-3. Cross L behind R, step R to R, cross L over R
4-6. Step R diagonally out R, step L back L, step R next to L

S6. Vine L, fwd cross R

1-3. Cross R behind L, step L to L, cross R over L
4-6. Step L diagonally out L, step R back R, step L next to R

S7. L cross step, mambo rock step R

1-3. Cross L over R, pause x 2
4-6. Step R to R, lifting L foot off the floor, step L to L, lifting R foot off the floor, step R next to L

S8. R cross step, mambo rock step L

1-3. Cross R over L, pause x 2
4-6. Step L to L, lifting R foot off the floor, step R to R, lifting L foot off the floor, step L next to R

Restart after S4. (plus S3. as a tag) on walls 2 (3 o'clock) 4 (9 o'clock) & 6 (3 o'clock)

Restart after S4. only, on wall 8 (9 o'clock)

Dance finishes on S6./ S7. facing front