

Mei You Ni Mei You Wo

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Herman Baso (INA) - September 2023
音樂: Mei You Ni Mei You Wo (沒有你沒有我) - Andy Lau (劉德華)



Intro: 34C

Tag 4x (Tag 1: 2C after wall 3 & 7, Tag 2: 4C after wall 5&8)

S1# WALK FWD (R – L) – ROCKING CHAIR – ½ L STEP BACK WITH SWEEP OUT – BEHIND – SIDE – CROSS – RECOVER - SIDE

1, 2 step RF fwd, step LF fwd
3&4& step RF fwd, recover on LF, step RF back, recover on LF
5, 6&7 ½ turn L step RF back with sweep out, cross LF behind RF, RF to side, cross LF over RF
8& recover on RF, step LF to side

S2# CROSS WITH SWEEP IN – CROSS – SIDE – CROSS WITH HITCH – CROSS – ¼ L STEP FWD – ½ L PIVOT – WALK FWD (R – L) – HITCH

1, 2&3 cross RF over LF then LF sweep in, cross LF over RF, RF to side, cross LF behind RF with RF hitch
4&5 cross RF behind LF, ¼ turn L step LF fwd, step RF fwd
6&7 ½ turn L weight on LF, walk RF fwd, Walk LF fwd
8 hitch RF

S3# SCISSOR STEPS (R – L) – SIDE – 5/8 SPIRAL TURN TO L – STEP FWD – WALK FWD (R – L) – RECOVER – STEP BACK

1, 2& step RF to side, close LF slightly next to RF, cross RF over LF
3, 4& step LF to side, close RF slightly next to LF, cross LF over RF
5, 6&7 step RF to side, 5/8 spiral turn to L facing (1.30) step LF fwd, walk RF fwd, walk LF fwd
8& recover on RF, step LF back

S4# STEP BACK WITH SWEEP OUT – STEP BACK WITH SWEEP OUT – 1/8 R COASTER STEPS – LOCK SHUFFLE FWD – ½ PIVOT TURN TO L

1, 2 step RF back with LF sweep out, step LF back with RF sweep out
3&4 1/8 turn right facing (3.00) step RF back, close LF next to RF, step RF fwd
5&6 step LF fwd, lock RF behind LF, step LF fwd
7, 8 step RF fwd, ½ turn L weight on LF

*Tag 1: 2C after wall 3 & wall 7

STEP FWD – CLOSE TOGETHER

1, 2 step RF fwd, close LF next to RF

**Tag 2: 4C after wall 5 & wall 8

STEP FWD – CLOSE TOUCH– STEP BACK – CLOSE TOUCH

1, 2 step RF fwd, close touch LF next to RF
3, 4 step LF back, close touch RF next to LF

Repeat

“LET’S GET SWEATY, HEALTHY AND HAPPY”

Best Regards,
Herman Baso

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