

You & Me

拍數: 64 牆數: 0 級數:
編舞者: Elizabeth Henderson (UK)
音樂: This Is Us - Mark Knopfler & Emmylou Harris



Position: Inside hand hold, facing LOD, mirror image, Man's steps given

LEFT SHUFFLE FORWARD HOLD, RIGHT SHUFFLE FORWARD HOLD (INSIDE HAND HOLD)

1-8 Left shuffle forward hold, right shuffle forward hold

LEFT GRAPEVINE TOUCH, RIGHT GRAPEVINE ¼TURN RIGHT TOUCH

1-4 Left to left, right behind, left to left, touch right beside left

5-8 Right to right, left behind, right to right with ¼ turn right, touch left beside right

RUMBA BOX, FORWARD AND BACK. (DOUBLE HAND HOLD) OLD

1-4 Left to left, right beside left, left forward hold

5-8 Right to right, left beside right, right back hold

GRAPEVINE ¼ TURN LEFT HOLD, RIGHT SHUFFLE FORWARD HOLD

Inside hand hold, LOD

1-4 Left to left, right behind, left ¼ turn left touch right beside left

5-8 Shuffle forward right, hold

CHASSE ¼ TURN RIGHT HOLD, CHASSE ½ TURN RIGHT HOLD

Alternate hands on turns

1-4 Left ¼ turn right, right next to left, left to side, touch right beside left

5-8 Right ½ turn right, left beside right, right to right, touch left beside right (ILOD)

CHASSE ½ TURN RIGHT HOLD, CHASSE ¼ TURN RIGHT HOLD

Alternate hands on turns

1-4 Left ½ turn right, right beside left, left to left, touch right beside left

5-8 Right ¼ turn right, left beside right, right to right, touch left beside right

¼ TURN JAZZ BOX, HOLD. JAZZ BOX HOLD (LOD)

1-4 Cross left ¼ turn over right, right to right, left beside right, hold

5-8 Cross right over left, left to left, right to right, hold

ROCKS FORWARD AND BACK (REPEAT)

1-8 Rock forward on left, recover on right, rock back on left, recover on right (repeat)

REPEAT