

Just U 'n' Me

拍數: 54 牆數: 2 級數: Intermediate
編舞者: Lisa Foord (AUS)
音樂: When You Say Nothing At All - Ronan Keating



ROCK STEP BACK, FORWARD, LOCK STEP RIGHT-LEFT, ROCK STEP FORWARD, BACK

1-2-3&4 Step/rock right back, left in place, step right forward, lock left behind right, step right forward
5&6 Step left forward, lock right behind left, step left forward
7-8 Step/rock right forward, step left in place

BACK LOCK STEP 45 RIGHT, REPEAT 45 LEFT, TOUCH BACK, ½ UNWIND RIGHT, COASTER STEP

1&2 Step right back 45 right, cross left over right, step right back 45 right
3&4 Step left back 45 left, cross right over left, step left back 45 left
5-6 Touch right toe back, unwind ½ right (keep weight on left)
7&8 Step right back, step left beside right, step right forward (coaster step)

SIDE ROCK STEP, SAILOR TURN ¼ RIGHT, ROCK STEPS, COASTER STEP

1-2 Step/rock left to left, rock right in place
3&4 Step left behind right, turn ¼ turn right & step right forward, step left forward
5-6-7&8 Rock forward on right, step left in place, step right back, step left beside right, step right forward

CROSS STEP, HOLD, SYNCOPATED VINE RIGHT, BALL JACKS RIGHT & LEFT

1-2 Step left across right, hold
&3&4 Step right to right, step left behind right, step right to right, step left across right
&5&6 Step right back 45 right, touch left heel forward 45 left, step left in place, step right beside left
&7&8 Step left back 45 degrees left, touch right heel forward 45 degrees right, step right in place, step left beside right

HOP, ROCK STEP, ¾ TURNING SHUFFLE LEFT, ROCK STEP, 540 (1 ½) BACKWARDS TURN RIGHT

&1-2 Gently hop step right in place, step/rock left forward, right in place
3&4-5-6 Turn ¾ turn left shuffle left-right-left, step/rock right forward, step left in place
7&8 Turning 1 ½ (540 degrees) back over right shoulder stepping right-left-right

SHUFFLE FORWARD LEFT-RIGHT, ROCK FORWARD, BACK, TOUCH BACK, ½ UNWIND LEFT

1&2-3&4 Shuffle forward left-right-left, right-left-right
5-6 Rock/step forward left, step right in place
7-8 Touch left toe back, unwind ½ turn left onto left

½ PIVOT LEFT, SIDE STEP, HIP SWAYS

1-2 Step right forward, pivot ½ turn left onto left
3-4-5-6 Step right to right with hip sways right, sway hips left-right-left

REPEAT

TAG

End of 2nd sequence add extra 2 hip sways right the left (2 beats after count 54)