

# You And I

拍數: 64      牆數: 4      級數: Phrased Intermediate  
編舞者: Oli Geir (ICE) & Hugrun (ICE) - July 2009  
音樂: Someday - Hera Bjork : (CD: Dansk Melodi Grand Prix 2009)



## 32 Counts Intro.

### Part A (Dance Part A Two Times)

#### Slide Left. Hold. Back Rock. Side. Hold. Behind. Step Forward ¼ Turn Right.

- 1-2      Slide Left to Left side, long step. Hold.
- 3-4      Rock Right behind Left. Rock forward on Left.
- 5-6      Step Right to Right side, long step. Hold.
- 7-8      Step Left behind Right. Turn ¼ turn Right stepping forward on Right. (Facing 3 o'clock)

#### Step Pivot ½ Turn Right. Right Shuffle Forward. Hold. Left Forward Rock.

- 1-2      Step forward on Left. Pivot ½ Turn Right weight on Left. (Facing 9 o'clock)
- 3-4      Step forward on Right. Step Left beside Right.
- 5-6      Step forward on Right. Hold.
- 7-8      Rock Left forward. Rock back on Right.

#### Step Back. Hold. Sweep Coaster Step Turn ¼ Turn Right. Hold. Forward Rock.

- 1-2      Step back on Left. Hold.
- 3-4      Sweep Right out and around from front in to turning ¼ turn Right stepping back on Right.  
Step Left beside Right. (Facing 12 o'clock)
- 5-6      Step forward on Right. Hold.
- 7-8      Rock forward on Left. Rock back on Right.

#### Step Back. Sweep. Step Behind. Sweep. Step Behind. Step, Step Diagonally Right. Hold.

- 1-2      Step back on Left. Sweep Right out and around.
- 3-4      Step Right behind Left. Sweep Left out and around.
- 5-6      Step Left behind Right. Step Right diagonally Right.
- 7-8      Step Left forward diagonally Right. Hold.

#### Step Diagonally Right. Hold. Step Back. Step Behind. Side Step. Hold. Cross Rock.

- 1-2      Step Right forward diagonally Right. Hold.
- 3-4      Step back on Left. Step Right behind Left.
- 5-6      Step Left to Left side. Hold.
- 7-8      Cross rock Right over Left. Rock back on Left.

#### Turn ¼ Turn Right, Step. Step Pivot ¾ Turn Right. Sway Left. Hold. Sway Right. Hold.

- 1-2      Turn ¼ Turn Right stepping forward on Right. Hold. (Facing 3 o'clock)
- 3-4      Step forward on Left. Pivot ¾ turn Right. (Facing 12 o'clock)
- 5-8      Sway body to Left. Hold. Sway body to Right. Hold.

#### Turn ½ Turn Right, Step Side. Hold. Cross Rock. Side Step. Hold. Cross Rock.

- 1-2      Turn ½ turn Right stepping Left to Left side. Hold. (Facing 6 o'clock)
- 3-4      Cross rock Right over Left. Rock back on Left.
- 5-6      Step Right to Right side. Hold.
- 7-8      Cross rock Left over Right. Rock back Left.

#### Turn ¼ Turn Left, Step Forward. Hold. Step Pivot ¼ Turn Left. Cross Step. Hold. Side Step. Together.

- 1-2      Turn ¼ turn Left stepping forward on Left. Hold.
- 3-4      Step forward on Right. Pivot ¼ turn Left. (Facing 12 o'clock)

- 5-6 Cross step Right over Left. Hold.  
 7-8 Step Left to Left side. Step Right beside Left.

**Tag: 8 Counts Tag Danced In End Of 2nd Wall**

- 1-2 Step Right to Right Side. Hold  
 3-4 Rock Right behind Left. Rock forward on Left.  
 5-8 Step Right to Right side. Hold. Touch Left next to Right. Hold.

**Part B**

**Left Chasse. Back Rock. Kick Ball Cross. Side Rock.**

- 1&2 Step Left into chasse Left, stepping Left, Right, Left.  
 3-4 Rock back on Right. Rock forward on Left.  
 5&6 Kick Right diagonally Right. Step Right behind Left. Step Left across Right.  
 7-8 Rock Right out to Right side. Recover onto Left.

**Sailor ½ Turn Right. Step Forw. Toe Touch Forward. Point Side. Hitch ½ Turn Right. Step Lock Step.**

- 1&2 Step Right behind Left. Turn ¼ turn R. stepping Left to left side. Turn ¼ turn R. Step Right forward.  
 3-4 Step forward on Left. Touch Right toe forward.  
 5-6 Point Right out to Right side. Hitch up Right knee and turn ½ turn Right. (Facing 12 o'clock)  
 7&8 Step forward on Right. Lock step Left behind Right. Step forward on Right.

**Forward Rock. Left Shuffle ½ Turn Left. Right Shuffle ½ Left. Coaster Step.**

- 1-2 Rock forward on Left. Rock back on Right.  
 3&4 Step Left into shuffle ½ turn Left, stepping Left, Right, Left.  
 5&6 Step Right into shuffle ½ turn Left, stepping Right, Left, Right.  
 7&8 Step back on Left. Step Right beside Left. Step forward on Left.

**Walk Forward Right & Left. Right Mambo Step. Walk Back Left & Right. Coaster Cross.**

- 1-2 Walk forward Right. Walk forward Left.  
 3&4 Rock forward on Right. Rock back on Left. Step back on Right.  
 5-6 Walk back on Left. Walk back on Right.  
 7&8 Step back on Left. Step Right beside Left. Step Left across Right.

**Right Side Rock. Cross Shuffle. Left Side Rock. Cross Shuffle.**

- 1-2 Rock Right out to Right side. Recover onto Left.  
 3&4 Step Right across Left. Step Left to Left side. Step Right across Left.  
 5-6 Rock Left out to Left side. Recover onto Right.  
 7&8 Step Left across Right. Step Right to Right side. Step Left across Right.

**½ Turn Left. Cross Rock. Right Chasse ¼ Turn Right. Full Turn Right (Trawelling Forward)**

- 1-2 Turn ¼ turn Left stepping back on Right. Turn ¼ turn Left stepping Left to Left side.  
 3&4 Cross rock Right over Left. Rock back Left.  
 5&6 Step Right across Left. Step Left to Left side. Step Right across Left.  
 7-8 Turn ½ turn Right stepping back on Left. Turn ½ turn Right stepping forward on Right.

**Forward Rock. Coaster Step. Step Pivot ½ Turn Left. Walk Right. Walk Left.**

- 1-2 Rock forward on Left. Rock Back on Right.  
 3&4 Step back on Left. Step Right beside Left. Step forward on Left.  
 5-6 Step forward on Right. Pivot ½ turn Left.  
 7-8 Walk forward Right. Walk forward Left.

**Forward Rock. Coaster Step. Step Across. Side Step. Back Rock.**

- 1-2 Rock forward on Right. Rock back on Left.  
 3&4 Step back on Right. Step Left beside Right. Step forward on Right.

5-6  
7-8

Step Left across Right. Step Right to Right side.  
Rock back on Left. Rock forward on Right.

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