

Me 'n' U!

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Maurice & Anna (INA) - March 2010
音樂: Carry Out (feat. Justin Timberlake) - Timbaland



Intro: 32 counts Start on word 'Baby'.

Scuff Steps With Hip Rolls x 2

- 1-2 Scuff right forward, touch right toe to right side.
- 3-4 Roll hips clockwise x2, weight ending on right.
- 5-6 Scuff left forward, touch left toe to left side.
- 7-8 Roll hips anti- clockwise x2, weight ending on left.

Toe Tap x2, Side Behind ¼ Turn Step, Kick ½ Turn Hitch, Coaster Step

- 9&10 Tap right toe behind left foot twice, step right to right side.
- 11&12 Cross left behind right, step right ¼ turn right, step forward on left.
- 13-14 Kick right foot forward, pivot ½ turn right on ball of left hitching right knee.
- 15&16 Step back on right, step left next to right, step right forward.

Walks x3, Lock , Hold Unwind ¾, Sweep, Behind Side Cross

- 17-18 Step left forward, Step right forward.
- &19-20 Step left forward, lock step right foot behind left, hold.
- 21-22 Unwind ¾ turn right, sweep right foot from front to back.
- 23&24 Step right behind left, step left to left side, cross step right over left.

¼ Turn With Heel Swivels x3, Left Sailor Step, Behind ¼ Step, Pivot ½ Turn

- 25&26 With weight on balls of both feet, swivel heels to right, swivel heels to left, swivel heels to right making ¼ turn left, weight on right.
- 27&28 Step left behind right, step right to right side, step left to left side.
- 29&30 Step right behind left, step left ¼ turn left, step forward on right, Step left foot forward, pivot ½ turn right..

Full Turn Forward Right, Mambo Steps x2, Walk Forward x2

- 33-34 Make ½ turn right stepping back on left, make ½ turn right stepping forward on right.
- 35&36 Rock forward on left, recover onto right, step left next to right.
- 37&38 Rock forward on right, recover onto left, step right next to left.
- 39-40 Step forward on left, Step forward on right.

Left Diagonal Rock Recover, Behind Side Cross, Right Diagonal Rock Recover, Unwind Full Turn.

- 41-42 Step forward diagonally on left, pushing your chest forward over left foot, Recover weight back onto right..
- 43&44 Step left behind right, step right to right side, cross step left over right.
- 45-46 Step forward diagonally on right, pushing your chest forward over right foot, Recover weight back onto left.
- &47-48 Step back on right, cross step left over right, unwind full turn right, weight on left.

Start Again

Restart : Wall 6 - Dance the first 14 counts.

Replace counts 15&16 with

Make ¼ turn left stepping right foot to right side,

Step left in place (weight on left foot) - Restart from beginning.

Have Fun, Get Funky!
