

# You And Me

**COPPER** KNOB  
STEPSHEETS

拍數: 54      牆數: 4      級數: Intermediate  
編舞者: Paul Clifton (UK) - October 2010  
音樂: You and Me - Lifehouse



Start on vocals, 32 secs

## CROSS SWEEP, WEAWE.

- 1-3      Cross step left over right, Sweep right to out right side & in front of left (2 counts)  
4-6      Cross step right over left, Step left to left side, Step right behind left.

## ¼ TURN LEFT, STEP ¼ PIVOT LEFT, TWINKLE ½ TURN RIGHT.

- 1-3      Make ¼ turn left stepping fwd on left, Step fwd on right, Pivot ¼ turn left , (6 o'clock)  
4-5      Cross step right over left, Make ¼ turn right stepping back on left,  
6      Make ¼ turn right stepping right to right side, (12 o'clock)

## CROSS SIDE ROCK STEPS LEFT & RIGHT. (travelling slightly forward)

- 1-3      Cross step left over right, Rock right out to right side, Recover onto left.  
4-6      Cross step right over left, Rock left out to left side, Recover onto right.

## ROCK STEP WITH ½ TURN LEFT & RIGHT.

- 1-3      Step/ rock fwd on left, Recover onto right, Make ½ turn left & step fwd on left.  
4-6      Step/ rock fwd on right, Recover onto left, Make ½ turn right & step fwd on right. (12 o'clock)

## SPIRAL FULL TURN , ROCK FWD, ¼ TURN RIGHT.

- 1-3      Step fwd on left, Pivot a full turn right on left lifting right heel to left shin (2 counts)  
4-6      Step/ rock fwd on right, Recover onto left, Make ¼ turn right & step right to right side. (3 o'clock)

(\*\*\* easy option 1-3 Step fwd on left, Drag right towards left over 2 counts.)

## TWINKLE ½ TURN LEFT, TWINKLE ½ TURN RIGHT.

- 1-2      Cross step left over right, Make ¼ turn left stepping back on right,  
3      Make ¼ turn left stepping left to left side. (9 o'clock)  
4-5      Cross step right over left, Make ¼ turn right stepping back on left,  
6      Make ¼ turn right stepping right to right side.(3 o'clock)

## STEP SLOW HITCH, ½ TURN LEFT.

- 1-3      Turning to right diagonal step fwd on left, Drag right to left & hitch right knee ( facing 4.30)  
4-6      Step back on right, Make ½ turn left stepping left next to right, Step fwd on right ( facing 10.30)

## STEP SLOW HITCH, ½ TURN LEFT.

- 1-3      Step fwd on left, Drag right to left & hitch right knee, (facing 10.30)  
4-6      Step back on right, Make ½ turn left stepping left next right, Step fwd on right.(facing 4.30)

\*\*\*restart point wall 6 - see note below \*\*

## LEFT & RIGHT TWINKLES.

- 1-3      Squaring up to 3 o'clock wall cross step left over right, Step right to right side, Step left in place.  
4-6      Cross step right over left, Step left to left side, Step right in place. (3 o'clock)

Start again

Tag: A 6 count tag is required at the end of wall 2 (facing 6 o'clock) just repeat the last section of the dance

(LEFT & RIGHT TWINKLES.)

Restart: Dance to count 48 on wall 6 and then start the dance again facing 6 o'clock

Ending: You will facing 1.30 at the end of section 8 just cross left over right and unwind to 12 o'clock

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