

You And Me

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, WEAVE.

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
