

You Get Me

拍數: 60 牆數: 4 級數: Phrased Intermediate
編舞者: Carol Cotherman (USA) - November 2011
音樂: You - Chris Young : (CD: Neon)



16 count intro - Start dance just before lyrics begin - Sequence – AABAABC A to the end

Don't let the ABC phrasing intimidate you. It's very easy to hear in the music!

Part A: 32 counts

Kick, Syncopated Jazz Box Cross, Hold, Ball, Cross, Side, ¼ Sailor Turn

- 1&2&3-4 Kick right forward slightly across left, step right across left, step back on left, step right to side, step left across right, hold
- &5-6-7&8 Right ball step very slightly to right, step left across right, step right to side, step left behind right turning ¼ left, step right beside left, step left beside right (9:00)

Turning Hip Bumps, Cross Rock, Recover

- 1&2&3&4 Pivot ¼ left on ball of left and step right ball to side bumping hips right (1), bump hips to left (&), bump hips to right placing weight on right (2), pivot ½ right on ball of right (&), step left ball slightly left bumping hips left (3), bump hips to right (&), bump hips to left taking weight on left (4) (12:00)
- &5&6-7-8 Pivot ½ right on ball of left (&), step right ball to side bumping hips right (5), bump hips to left (&), bump hips to right placing weight on right (6), cross rock left over right (7), recover to right (8) (6:00)

¼ Sailor Turn, Right Wizard Step, Walk, Walk, Rock, Recover

- 1&2-3-4& Step left behind right turning ¼ left, step right beside left, step left beside right, step right forward (3), lock left behind right (4), step right forward (&) (3:00)
- 5-6-7-8 Step left forward, step right forward, rock left forward, recover on right

Full Turn 2X, ¼ Rock, ¼ Recover, Shuffle

- 1-2-3-4 Turn ½ left stepping forward on left, turn ½ left pivoting on left and stepping back on right, turn ½ left stepping forward on left, turn ½ left pivoting on left and stepping back on right (3:00)

*Non-Turning Option for counts 25 – 28: Left Step Lock Back (25 & 26), Right Step Lock Back (27 & 28)

- 5-6-7&8 Open ¼ to left stepping left to side and swaying left (12:00), recover ¼ right placing weight on right (3:00), step left forward, step right beside left, step left forward

Part B: (16 counts)

Rock, Recover, Shuffle Back, Rock Recover, Shuffle Forward

- 1-2-3&4 Rock forward on right, recover to left, step right back, step left beside right, step right back
- 5-6-7&8 Rock back on left, recover on right, step left forward, step right beside left, step left forward

Step ½, Shuffle, Step ½, Shuffle

- 1-2-3&4 Step forward on right, ½ turn left with weight to left, step right forward, step left beside right, step right forward
- 5-6-7&8 Step forward on left, ½ turn right with weight to right, step forward on left, step right beside left, step forward on left

Part C: (12 Counts)

Rocking Chair, Step ½, Step ½, Sways (4X)

- 1-2-3-4 Rock forward on right, recover to left, rock back on right, recover to left
- 5-6-7-8 Step forward on right, ½ turn left with weight to left, step forward on right, ½ turn left with weight to left

1-2-3-4 Step right to right and sway right, left, right, left with weight ending on left

Ending: On the final wall, you will be facing 6:00 when you begin to dance steps 25-28 (2 full turns). Add 1 more ½ turn left stepping forward on left. You will end facing 12:00.

Enjoy!
