

You & Me

拍數: 54 牆數: 4 級數: Intermediate
編舞者: Bruce Tau (NZ) - May 2012
音樂: You and Me - Lifehouse : (Album: Lifehouse)



24 count intro (start on vocals)

[1-6] STEP, SWEEP, STEP, SWEEP

1,2,3 Step Forward on Right, Sweep Left foot Forward (2 counts)
4,5,6 Step Forward Left, Sweep Right foot Forward (2 counts) [12 o'clock]

[7-12] ROCK FWD, RECOVER, ½, FULL TURN, ¼ SIDE

1,2,3 Rock Forward on Right, Recover weight onto Left, Make ½ turn Right and step Forward on Right
4,5,6 Make ½ turn Right and step Back on Left, Make ½ turn Right and step Forward on Right,
 Make ¼ turn Right and step Left to Left Side

(non-turning option: Walk forward Left. Right for counts 4,5) [9 o'clock]

[13-18] RIGHT SAILOR STEP, BEHIND, ¼, ¼ SIDE

1,2,3 Step Right behind Left, Rock Left out to Left Side, Recover weight onto Right
4,5,6 Step Left Behind Right, Make ¼ turn Right and Step Right Forward, Make ¼ Right and Step Left to Left Side [3 o'clock]

[19-24] BACK, DRAG, HOOK, STEP, ¼ SWEEP, TOUCH

1,2,3 Step Back on Right, Drag Left foot towards Right, Hook Left foot across Right
4,5,6 Step Forward on Left, ¼ turn Left Sweep, Touch Right foot next to Left [12 o'clock]

[25-30] SWAY, DRAG, TOUCH, SWAY, DRAG, TOUCH

1,2,3 Step Right to Right Side and Sway Hips To Right, Drag Left towards Right, Touch Left next to Right
4,5,6 Step Left To Left Side and Sway hips to the Left, Drag Right towards Left, Touch Right next to Left [12 o'clock]

[31-36] ¼ BACK, BACK, LOCK, BACK, ¼ ROCK, RECOVER

1,2,3 Make ¼ turn Left and step Back on Right, Step Left Back, Lock Right foot in front of Left
4,5,6 Step Left foot Back, ¼ turn Right and Rock Right to Right Side, Recover weight onto Left foot [12 o'clock]

[37-42] BEHIND, ¼ STEP, ROCK, RECOVER, FULL TURN BACK

1,2,3 Step Right Behind Left, ¼ turn Left and Step Forward on Left, Rock Forward on Right
4,5,6 Recover weight into Left, Make ½ turn Right and Step Forward on Right, Make ½ turn Right and step Back on Left

(non-turning option: Walk back Right, Left for counts 5,6) [9 o'clock]

[43-48] BACK COASTER STEP, STEP, FULL TURN FORWARD

1,2,3 Step Back on Right, Step Left together, Step Right Forward
4,5,6 Step Forward on Left, Make ½ turn Left and Step Back on Right, Make ½ turn Left and Step Forward On Left

*** Restart on walls 6 & 7 (non-turning option: Walk forward Right, Left for counts 5,6) [9 o'clock]

[49-54] CROSS SAMBA, CROSS, POINT, HOLD

1,2,3 Cross Step Right in Front of Left, Rock Left to Left Side, Recover weight onto Right
4,5,6 Cross Step Left in Front of Right, Point Right to Right Side, Hold [9 o'clock]

Start Again

Tag: At the end of wall 2

[1-6] SAILOR STEP, BEHIND, UNWIND FULL TURN

1,2,3 Step Right Behind Left, Rock Left to Left Side, Recover weight onto Right

4,5,6 Touch Left behind Right, Full turn unwind Left finishing with weight on Left

(non turning option: 4,5,6 Step Left Behind Right, Point Right to Right Side, Hold)

Restarts: On walls 6 & 7 restart after count 48(*)**

Finish: Dance finishes on wall 8, after the coaster step (counts 43-45), big step Fwd on Left, Drag right together

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