

# US (aka She & I)

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Gordon Elliott (AUS) - March 2014  
音樂: She and I - Toby Keith : (Album: Alabama & Friends)



**Original Position: Feet Together W Eight On The Left Foot.**  
**This dance is done in FOUR directions. Introduction : 32 Beats**

## **FORWARD, FORWARD, KICK BALL STEP, FORWARD, ROCK, COASTER CROSS**

1, 2            Step R Forward, Step L Forward,  
3 & 4           Kick R Forward, Step R Together, Step L Forward,  
5, 6            Step R Forward, Rock Back Onto L  
7 & 8           Coaster: Step R Back, Step L Together, Step R Across In Front Of Left

## **SIDE, ROCK, BEHIND-SIDE-ACROSS, SIDE, BEHIND & ACROSS, TOUCH**

1, 2            Step L To The Side, Side Rock Onto R,  
3 & 4           Step L Behind Right, Step R To The Side, Step L Across In Front of Right  
5, 6 &        Step R To The Side, Step L Behind Right, Step R To The Side,  
7, 8            Step L Across In Front of Right, Touch R Toe To The Side.

## **SAILOR STEP, SAILOR STEP, BEHIND, 1/2 UNWIND, ACROSS, ROCK**

1 & 2           Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,  
3 & 4           Sailor : Step L Behind Right, Step R To The Side, Step L To The Side,  
5, 6            Touch R Toe Behind Left, Unwind Turning 180° Right Take Weight Onto R  
7, 8            Step L Across In Front of Right, Rock Onto R.

## **1/4 SHUFFLE FORWARD, 1/2 SHUFFLE BACK, COASTER STEP, FORWARD, FORWARD**

1 & 2           Turn 90° Left Shuffle Forward Step : L-R-L  
3 & 4           Turn 180° Left Shuffle Back Step : R-L-R,  
5 & 6           Coaster : Step L Back, Step R Together, Step L Forward  
7, 8            Step R Forward Step L Forward

## **TOUCH & TOUCH & HEEL & HEEL & ROCKING CHAIR**

1 &            Touch R Toe To The Side, Step R Together,  
2 &            Touch L Toe To The Side, Step L Together,  
3 &            Touch R Heel Forward, Step R Together,  
4 &            Touch L Heel Forward, Step L Together,  
5, 6            Rocking Chair : Step R Forward, Rock Back Onto L,  
7, 8            Step R Back, Rock Forward onto L.

## **FORWARD, ROCK, BACK, HOLD & BACK, HOLD & BACK, ROCK**

1, 2            Step R Forward, Rock Back Onto L,  
3, 4 &        Step R Back, Hold & Clap, Step L Together,  
5, 6 &        Step R Back, Hold & Clap, Step L Together,  
7, 8            Step R Back, Rock Forward Onto L. ##

## **PIVOT TURN, PIVOT TURN, OUT-OUT-IN-IN, BOUNCE, BOUNCE PIVOT :**

1, 2            Step R Forward, Turn 180° Left Take Weight Onto L,  
3, 4            Pivot : Step R Forward, Turn 180° Left Take Weight Onto L,  
& 5            Step R To The Side, Step L To The Side,  
& 6            Step R To The Centre, Step L Together,  
7, 8            Bounce Both Heels Up & Down, Bounce Both Heels Up & Down.

**FORWARD, 1/2 BACK, COASTER STEP, FORWARD, 1/2 BACK, COASTER STEP**

1, 2            Step R Forward, Turn 180° Right Step L Back,  
3 & 4           Coaster : Step R Back, Step L Together, Step R Forward,  
5, 6            Step L Forward, Turn 180° Left Step R Back,  
7 & 8           Coaster : Step L Back, Step R Together, Step L Forward

**[64] □ Repeat The Dance In New Direction**

**RESTARTS 1: On W ALL 2 & WALL 4 dance to BEAT 48 ( ## ) & RESTART to BACK & FRONT.**

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