You Know Me (你瞭我) (zh)

Count: 48 **Wand:** 2 **Ebene:** Advanced
Choreograf/in: Niels Poulsen (DK) - 2010年04月
Musik: You Know Me - Robbie Williams : (4:21)

前奏： Intro: 16 counts from first beat in music (app. 14 seconds into track). Start with weight on L foot

第一段 **Lift L, Back Back Full Turn, Behind Side Cross, Kick, Cross Shuffle, Side Rock, Weave**
左抬, 後 後 轉圈, 後 旁 前, 踢, 交叉交換, 側下沉, 藤步

1 Step fw on R swinging L leg fw (1) [12:00]
右足前踏左足擺向前(面向12點鐘)

2&a3 Step back on L (2), step back on R (&), turn ½ L stepping fw on L (a), turn ½ L stepping back on R sweeping L out to L side (3) [12:00]
左足後踏, 右足後踏, 左轉180度左足前踏, 左轉180度右足後踏左足繞至後(面向12點鐘)

4&a5& Cross L behind R (4), step R to R side (&), cross L over R (a), kick R low fw (5), hitch R (&) [12:00]
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏, 右足略踢, 右足抬(面向12點鐘)

6&a7 Cross R over L (6), step L to L side (&), cross R over L (a), rock L to L side (7) [12:00]
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏, 左足左下沉(面向12點鐘)

8&a1 Recover on R (8), cross L over R (&), step R to R side (a), touch L behind R (1) – weight on R [12:00]
右足回復, 左足於右足前交叉踏, 右足右踏, 左足於右足後點(重心在右足)(面向12點鐘)

第二段 **Unwind, Weave, Unwind, Cross Rock ¼ Sweep, Cross Side Rock Cross X2, Fw Lift R**
繞, 藤步, 繞, 交叉下沉1/4繞, 交叉 側下沉 交叉 二次, 右抬

&2&a3 Unwind ½ L (&), change weight to L, (2), cross R over L (&), step L to L side (a), touch R behind L (3) [6:00]
左繞轉180度, 重心在左足, 右足於左足前交叉踏, 左足左踏, 右足於左足後點(面向6點鐘)

&4&a5 Unwind ½ R (&), change weight to R (4), cross rock L over R (&), recover back on R (a), turn ¼ L stepping fw on L and sweeping R fw (5) [9:00]
右繞轉180度, 重心在右足, 左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏右足繞至前(面向9點鐘)

6&a7 Cross R over L (6), rock L to L side (&), recover on R (a), cross L over R sweeping R to R side (7) [9:00]
右足於左足前交叉踏, 左足左下沉, 右足回復, 左足於右足前交叉踏右足繞至前(面向9點鐘)

8&a1 Cross R over L (8), rock L to L side (&), recover on R (a), cross L over R lifting R leg fw (1) – note: when doing the cross and Lift with R leg your body will automatically turn towards [10:30]
右足於左足前交叉踏, 左足左下沉, 右足回復, 左足於右足前交叉踏右足抬身體面向10:30

第三段 **Back Rock, Recover Sweep, Weave, Side Rock, 1 ¼ Turn R, Fw L, ¼ R, Walk L R, Rock L**
後下沉, 回復繞, 藤步, 側下沉, 1又1/4, 踏, 1/4, 走步-左, 右, 左下沉

2–3 Rock back on R (2), recover on L sweeping R fw and squaring up to 9:00 turning 1/8 L on L (3) [9:00]
右足後下沉, 左足回復右足繞轉正(面向9點鐘)

4&a5 Cross R over L (4), step L to L side (&), cross R behind L (a), rock L to L side prepping body L (5) [9:00]
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左足左下沉(面向9點鐘)

6&a7 Turn ¼ R stepping fw on R (6), turn ½ R stepping back on L (&), turn ½ R stepping fw on R (a), step fw on L (7) (try to make the transition from stepping L fw (7) to your ¼ R on count 8 very slow) [12:00]
右轉90度右足前踏, 右轉180度左足後踏, 右轉180度右足前踏, 左足前踏(這一步以慢速度到下一步右轉90度右足踏)
Non-turny option for counts 6&a: replace 1¼ R with shuffle ¼ R
6&a簡易版：右轉90度前交換

8&a1 Turn ¼ R stepping onto R (8), run fw towards 4:30 on L (&), run fw R (a), rock fw L (1) [4:30]
右轉90度右足踏, 左足前跑面向4:30, 右足前跑, 左足前下沉(面向4:30)

第四段 **Back Back Full Turn, Behind Side Cross, Sway L R L, Chasse ¼ R, Fw L With R Hitch**
後 後 轉圈, 後 前 交叉, 擺臀-左, 右, 左, 追步轉1/4, 踏帶抬

2&a3 Recover back on R (2), step back on L (&), turn ½ R stepping fw on R (a), turn ½ R stepping back on L sweeping R to R side (3) [4:30]
右足後回復, 左足後踏, 右轉180度右足前踏, 右轉180度左足後踏右足繞至後(面向4:30)

4&a Cross R behind L (4), step L to L side squaring up to 3:00 (&), cross R over L (a) [3:00]
右足於左足後交叉踏, 左足左踏轉正面向3點鐘, 右足於左足前交叉踏(面向3點鐘)

5–7 Step L to L side swaying body L (5), recover R with R sway (6), recover L with L sway (7) [3:00]
左足左踏左擺臀, 右足回復右推臀, 左足回復左推臀(面向3點鐘)

8&a1 Step R to R side (8), step L next to R (&), turn ¼ R stepping R fw (a), step L fw hitching R knee (1) [6:00]
右足右踏, 左足併踏, 右轉90度右足前踏, 左足前踏右膝抬(面向6點鐘)

第五段 Back Rock, Sweep, Cross Full Turn, Side Rock, Cross Shuffle & Rock, Back R, Rock L 後下沉, 繞, 交叉轉圈, 側下沉, 交叉交換 下沉, 後踏, 下沉

2–3 Rock back on R (2), recover onto L sweeping R fw (3) [6:00]
右足後下沉, 左足回復右足繞至前(面向6點鐘)

4&a5 Cross R over L (4), turn ¼ R stepping back on L (&), turn ½ R stepping fw on R (a), turn ¼ R rocking L to L side (5) (Non-turny option: cross shuffle & side rock L) [6:00]
右足於左足前交叉踏, 右轉90度左足後踏, 右轉180度右足前踏, 右轉90度左足左下沉
簡易版：不轉圈交叉交換, 左下沉(面向6點鐘)

6&a7 Recover on R (6), cross L over R (&), step R to R side (a), cross rock L over R (7) – note: when doing the cross shuffle your body will automatically turn towards [7:30]
右足回復, 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉下沉
做這個交叉交換的動作時身體要面向7:30

8&a Recover on R (8), rock back on L squaring up to 6:00 (&), recover onto R (a) 右足回復, 左足後下沉轉正面向6點鐘, 右足回復

RESTART here on wall 2 and 4 (facing 12:00 each time) 6:00
2 RESTARTS: AFTER 40 counts on wall 2 and 4 - facing 12:00 each time
第二面牆及第四面牆都面向6點鐘, 跳至此面向12點鐘, 從頭起跳

第六段 ½ R Sweep, Back Tap Step, ¼ L With R Side Step, Behind Turn Step, Hitch R, Back Turn Step, Full L Spiral Turn, L Mambo Step
1/2繞, 後 點 踏, 1/4右, 後 1/8 踏 抬, 後 3/8 踏 轉圈, 前曼波

1 Turn ½ R stepping back on L sweeping R out to R side fw (1) [12:00]
右轉180度左足後踏, 右足繞至後(面向12點鐘)

2&a3 Step back on R (2), tap L in front of R (&), step fw on L (a), turn ¼ L stepping R to R side (3) [9:00]
右足後踏, 左足前點, 左足前踏, 左轉90度右足右踏(面向9點鐘)

4&a5 Cross L behind R (4), turn 1/8 R stepping R fw towards 10:30 (&), step L fw (a), hitch R knee (5) [10:30]
左足於右足後交叉踏, 右轉45度右足前踏(10:30), 左足前踏, 右膝抬

6&a7 Step back on R (6), turn 3/8 L stepping fw on L (&), step R fw (a), make a full L spiral turn on R (7) [6:00]
右足後踏, 左轉135度左足前踏, 右足前踏, 左轉圈(面向6點鐘)

8&a Rock fw on L (8), recover onto R foot (&), step L next to R (a) [6:00]
左足前下沉, 右足回復, 左足併踏(面向6點鐘)

Option: On wall 5, starting at 12:00, there are some extra and heavy beats in the music from counts 14-17. To hit these beats change the two 'cross side rock sweep' to three 'cross & side rocks':
第五面牆面向12點鐘, 在第14-17拍會有額外的重音, 改變跳法

Cross, L side rock, cross, R side rock, cross, L side rock, cross with point/lift
交叉 側下沉 回復, 交叉 側下沉 回復, 交叉 側下沉 回復 交叉帶抬

6&a Cross R over L (6), rock L to L side (&), recover on R (a) [9:00]
右足於左足前交叉踏, 左足左下沉, 右足回復(面向9點鐘)

7&a Cross L over R (7), rock R to R side (&), recover on L (a) [9:00]
左足於右足前交叉踏, 右足右下沉, 左足回復(面向9點鐘)

8&a1 Cross R over L (8), rock L to L side (&), recover on R (a), cross L over R lifting R leg fw (1) [10:30]
右足於左足前交叉踏, 左足左下沉, 右足回復, 左足於右足前交叉踏右足抬(面向10:30)

ENDING: On your 6th wall music starts fading out at count 34-40. Your ending will be on count 41 (facing 6:00). When doing the ½ R on count 41 you add an extra ½ turn R sweeping R fw to face 12:00
結束：第六面牆跳至34拍時音樂開始慢下來到第40拍, 會在第41拍時結束, 會面向6點鐘, 做一個右轉180度右足繞至前面向12點鐘結束