

You Know

Count: 40

Wand: 4

Ebene: Improver

Choreograf/in: Nancy Morgan (USA)

Musik: Beer & Bones (Dance Mix) - John Michael Montgomery



GRIND HEEL, ROCK STEP, GRIND HEEL, ROCK STEP

- 1-2 Put right heel forward as you grind right heel from left (9:00) to right (1:00)
- 3-4 Rock step - rock back on your right foot and forward on your left
- 5-6 Put right heel forward as you grind right heel from left (9:00) to right (1:00)
- 7-8 Rock step - rock back on your right foot and forward on your left

GRIND HEEL, TOE DOWN, GRIND HEEL, TOE DOWN, MONTEREY TURN

- 1-2 Put right heel forward as you grind heel from left (9:00) to forward (12:00) then drop toe to floor (weight is on right)
- 3-4 Put left heel forward as you grind heel from right (3:00) to forward (12:00) then drop toe to floor (weight is on left)
- 5-6-7-8 Monterey turn - touch right toe out to right side, turn $\frac{1}{2}$ turn to your right as you put right foot next to your left, touch left toe out to left side, put left foot next to right (weight is on left)

SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, ROCK STEP

- 1&2 Right side shuffle - right, left, right
- 3-4 Rock back on left and forward on right
- 1&2 Left side shuffle - left, right, left
- 3-4 Rock back on right and forward on left

$\frac{1}{2}$ TURN SHUFFLE, $\frac{1}{2}$ TURN SHUFFLE, FORWARD ROCK, BACK ROCK

- 1&2 As you turn $\frac{1}{2}$ turn to your left, shuffle back - right, left, right
- 3&4 As you turn $\frac{1}{2}$ turn to your left, shuffle forward - left, right, left

Low impact option:

- 1&2 Shuffle forward - right, left, right
- 3&4 Shuffle forward - left, right, left
- 5-6 Step forward on right and rock back on left
- 7-8 Step back on right and rock forward on left

$\frac{1}{2}$ TURN PIVOT, $\frac{1}{4}$ TURN PIVOT, STOMP RIGHT, LEFT, QUICKLY HOP BACK, CLAP

- 1-2 Step forward on right, turn $\frac{1}{2}$ turn to your left (weight on left)
- 3-4 Step forward on right, turn $\frac{1}{4}$ turn to your left (weight on left)
- 5-6 Stomp right foot forward, stomp left foot forward (shoulder width apart)
- &7-8 Hop quickly back with feet together - step back on right, step left next to right, clap

REPEAT