

You Know

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Helen A. Walker (UK) - December 2009

Musik: You Know Me - Robbie Williams : (Album: Reality Killed the Video Star)



Alternatives:

Brazil, The Ritchie Family

The more boys I meet, Carrie Underwood

Pocket Full of Sunshine, Natasha Beddingfield

Lipstick, Powder and Paint, Delbert McClinton

S1: Side steps and touches

1-4 Right steps right, touch left to right. Left steps left, touch right to left

5-8 Step out turning 1/4 right with right, touch left to right, step left to left, touch right to left.

S2: Heel struts

1-4 Right heel forward and snap toe down, left heel forward snap toe down

5-8 Repeat 1-4

S3: Jazz boxes in place

1-4 Right cross over left, step left back, right step to right side left step forward.

5-8 Repeat 1-4

S4: Hips bumps and body roll or hip rotations

1-4 Two hip bumps right, two hip bumps left

5-8 Rotate hips anti clockwise (or wiggle whatever bits you fancy)

End of dance begin again and have fun, Helen!

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