

# US (aka She & I)

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Gordon Elliott (AUS) - March 2014

Musik: 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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