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| You And I (只有你和我) (zh) |  |

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| **Count:** | 64 | **Wall:** | 0 | **Level:** | Intermediate | . |
| **Choreographer:** | Oli Geir (ICE) & Hugrun (ICE) - 2009年07月 |
| **Music:** | Someday - Hera Bjork : (CD: Dansk Melodi Grand Prix 09) |
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**前奏： 32 Counts Intro.  32拍後起跳**

**Note: Dance pattern. A,A Tag, then B rest of the song**

**舞步順序：A A Tag B B------**

**Part A (Dance Part A Two Times) A部份跳二次**

**第一段**

**Slide Left. Hold. Back Rock. Side. Hold. Behind. Step Forward ¼ Turn Right.  左側滑, 候, 後下沉, 側, 候, 後, 踏轉1/4**

**1-2**

**Slide Left to Left side, long step. Hold.**

**左足左滑大步, 候**

**3-4**

**Rock Right behind Left. Rock forward on Left.**

**右足於左足後下沉, 左足回復**

**5-6**

**Step Right to Right side, long step. Hold.右足右踏, 候**

**7-8**

**Step Left behind Right. Turn ¼ turn Right stepping forward on Right. (Facing 3 oclock)左足於右足後踏, 右轉90度右足前踏(面向3點鐘)**

**第二段**

**Step Pivot ½ Turn Right. Right Shuffle Forward. Hold. Left Forward Rock.踏轉, 前交換, 候, 前下沉回復**

**1-2**

**Step forward on Left. Pivot ½ Turn Right weight on Left. (Facing 9 oclock)  左足前踏, 右軸轉180度重心在左足(面向9點鐘)**

**3-4**

**Step forward on Right. Step Left beside Right.**

**右足前踏, 左足併踏**

**5-6**

**Step forward on Right. Hold. 右足前踏, 候**

**7-8**

**Rock Left forward. Rock back on Right. 左足前下沉, 右足回復**

**第三段**

**Step Back. Hold. Sweep Coaster Step Turn ¼ Turn Right. Hold. Forward Rock.後踏, 候, 海岸步帶右繞1/4, 候, 前下沉**

**1-2**

**Step back on Left. Hold.  左足後踏, 候**

**3-4**

**Sweep Right out and around from front in to turning ¼ turn Right stepping back on Right. Step Left beside Right. (Facing 12 oclock)**

**右足右繞轉90度右足後踏, 左足併踏(面向12點鐘)**

**5-6**

**Step forward on Right. Hold.  右足前踏, 候**

**7-8**

**Rock forward on Left. Rock back on Right. 左足前下沉, 右足回復**

**第四段**

**Step Back. Sweep. Step Behind. Sweep. Step Behind. Step, Step Diagonally Right. Hold. 後踏, 繞, 後踏, 繞, 後踏, 踏, 斜踏, 候**

**1-2**

**Step back on Left. Sweep Rigth out and around.**

**左足後踏, 右足繞至後**

**3-4**

**Step Right behind Left. Sweep Left out and around.**

**右足於左足後踏, 左足繞至後**

**5-6**

**Step Left behind Right. Step Right diagonally Right.**

**左足於右足後踏, 右足右斜角踏**

**7-8**

**Step Left forward diagonally Right. Hold. 左足右斜角前踏, 候**

**第五段**

**Step Diagonally Right. Hold. Step Back. Step Behind. Side Step. Hold. Cross Rock. 右斜角, 候, 後踏, 後踏, 側踏, 候, 交叉下沉**

**1-2**

**Step Right forward diagonally Right. Hold.**

**右足右斜角前踏, 候**

**3-4**

**Step back on Left. Step Right behind Left.**

**左足後踏, 右足於左足後踏**

**5-6**

**Step Left to Left side. Hold.  左足左踏, 候**

**7-8**

**Cross rock Right over Left. Rock back on Left.**

**右足於左足前交叉下沉, 左足回復**

**第六段**

**Turn ¼ Turn Right, Step. Step Pivot ¾ Turn Right. Sway Left. Hold. Sway Right. Hold. 右1/4, 踏, 轉3/4, 左擺, 候, 右擺, 候**

**1-2**

**Turn ¼ Turn Right stepping forward on Right. Hold. (Facing 3 oclock)**

**右轉90度右足前踏, 候(面向3點鐘)**

**3-4**

**Step forward on Left. Pivot ¾ turn Right. (Facing 12 oclock)**

**左足前踏, 右軸270度(面向12點鐘)**

**5-8**

**Sway body to Left. Hold. Sway body to Right. Hold.**

**身體向左擺, 候, 身體向右擺, 候**

**第七段**

**Turn ½ Turn Right, Step Side. Hold. Cross Rock. Side Step. Hold. Cross Rock. 右1/2, 側, 候, 交叉下沉, 側踏, 候, 交叉下沉**

**1-2**

**Turn ½ turn Right stepping Left to Left side. Hold. (Facing 6 oclock)**

**右轉180度左足左踏, 候(面向6點鐘)**

**3-4**

**Cross rock Right over Left. Rock back on Left.**

**右足於左足前交叉下沉, 左足回復**

**5-6**

**Step Right to Right side. Hold.  右足右踏, 候**

**7-8**

**Cross rock Left over Right. Rock back Left.**

**左足於右足前交叉下沉, 左足回復**

**第八段**

**Turn ¼ Turn Left, Step Forward. Hold. Step Pivot ¼ Turn Left. Cross Step. Hold. Side Step. Together.**

**左1/4, 踏, 候, 轉1/4, 交叉踏, 候, 側踏, 併**

**1-2**

**Turn ¼ turn Left stepping forward on Left. Hold.**

**左轉90度左足前踏, 候**

**3-4**

**Step forward on Right. Pivot ¼ turn Left. (Facing 12 oclock)**

**右足前踏, 左軸轉90度(面向12點鐘)**

**5-6**

**Cross step Right over Left. Hold.  右足於左足前交叉踏, 候**

**7-8**

**Step Left to Left side. Step Right beside Left.**

**左足左踏, 右足併踏**

**TAG: 8 Counts Tag Danced In END Of 2nd Wall 加拍, 第二面牆結束時**

**1-2**

**Step Left to Left Side. Hold  左足左踏, 候**

**3-4**

**Rock Right behind Left. Rock forward on Left.**

**右足於左足後下沉, 左足回復**

**5-8**

**Step Right to Right side. Hold. Touch Left next to Right. Hold.**

**右足右踏, 候, 左足併點, 候**

**Part B  B部份**

**第一段**

**Left Chasse. Back Rock. Kick Ball Cross. Side Rock.**

**左追步, 後下沉, 踢併交叉, 側下沉**

**1&2**

**Step Left into chasse Left, stepping Left, Right, Left.**

**左追步-左, 右, 左**

**3-4**

**Rock back on Right. Rock forward on Left.**

**右足後下沉, 左足回復**

**5&6**

**Kick Right diagonally Right. Step Right behind Left. Step Left across Right.  右足右斜踢, 右足於左足後踏, 左足於右足前交叉踏**

**7-8**

**Rock Right out to Right side. Recover onto Left.**

**右足右下沉, 左足回復**

**第二段**

**Sailor ½ Turn Right. Step Forw. Toe Touch Forward. Point Side. Hitch ½ Turn Right. Step Lock Step.**

**右1/2水手, 前踏, 趾前點, 側點, 右1/2抬, 前鎖步**

**1&2**

**Step Right behind Left. Turn ¼ turn R. stepping Left to left side. Turn ¼ turn R. Step Right forward.**

**右足於左足後踏, 右轉90度左足左踏, 右轉90度右足前踏**

**3-4**

**Step forward on Left. Touch Right toe forward.**

**左足前踏, 右足趾前點**

**5-6**

**Point Right out to Right side. Hitch up Right knee and turn ½ turn Right. (Facing 12 oclock)  右足右點, 右膝抬右轉180度(面向12點鐘)**

**7&8**

**Step forward on Right. Lock step Left behind Right. Step forward on Right.  右足前踏, 左足於右足後踏, 右足前踏**

**第三段**

**Forward Rock. Left Shuffle ½ Turn Left. Right Shuffle ½ Left. Coaster Step. 前下沉, 轉交換, 轉交換, 海岸步**

**1-2**

**Rock forward on Left. Rock back on Right. 左足前下沉, 右足回復**

**3&4**

**Step Left into shuffle ½ turn Left, stepping Left, Right, Left.**

**左180度轉交換-左, 右, 左**

**5&6**

**Step Right into shuffle ½ turn Left, stepping Right, Left, Right.**

**左180度轉交換-右, 左, 右**

**7&8**

**Step back on Left. Step Right beside Left. Step forward on Left.**

**左足後踏, 右足併踏, 左足前踏**

**第四段**

**Walk Forward Right & Left. Right Mambo Step. Walk Back Left & Right. Coaster Cross. 前走-右, 左, 曼波, 後走-左, 右, 海岸交叉**

**1-2**

**Walk forward Right. Walk forward Left  右足前走, 左足前走**

**3&4**

**Rock forward on Right. Rock back on Left. Step back on Right.**

**右足前下沉, 左足回復, 右足後踏**

**5-6**

**Walk back on Left. Walk back on Right.  左足後走, 右足後走**

**7&8**

**Step back on Left. Step Right beside Left. Step Left across Right.**

**左足後踏, 右足併踏, 左足於右足前交叉踏**

**第五段**

**Right Side Rock. Cross Shuffle. Left Side Rock. Cross Shuffle.**

**右下沉, 交叉交換, 左下沉, 交叉交換**

**1-2**

**Rock Right out to Right side. Recover onto Left.**

**右足右下沉, 左足回復**

**3&4**

**Step Right across Left. Step Left to Left side. Step Right across Left.  右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏**

**5-6**

**Rock Left out to Left side. Recover onto Right. 左足左下沉, 右足回復**

**7&8**

**Step Left across Right. Step Right to Right side. Step Left across Right. 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏**

**第六段**

**½ Turn Left. Cross Rock. Right Chasse ¼ Turn Right. Full Turn Right (Trawelling Forward) 左1/2, 交叉下沉, 右追步帶右1/4, 右轉圈**

**1-2**

**Turn ¼ turn Left stepping back on Right. Turn ¼ turn Left stepping Left to Left side.左轉90度右足後踏, 左轉90度左足左踏**

**3-4**

**Cross rock Right over Left. Rock back Left.**

**右足於左足前交叉下沉, 左足回復**

**5&6**

**Step Right to right side. Step Left beside Right. Turn ¼ turn Right stepping Right forward.右足右踏, 左足併踏, 右轉90度右足前踏**

**7-8**

**Turn ½ turn Right stepping back on Left. Turn ½ turn Right stepping forward on Right.右轉180度左足後踏, 右轉180度右足前踏**

**第七段**

**Forward Rock. Coaster Step. Step Pivot ½ Turn Left. Walk Right. Walk Left.前下沉, 海岸步, 踏轉, 走, 走**

**1-2**

**Rock forward on Left. Rock Back on Right.左足前下沉, 右足回復**

**3&4**

**Step back on Left. Step Right beside Left. Step forward on Left.**

**左足後踏, 右足併踏, 左足前踏**

**5-6**

**Step forward on Right. Pivot ½ turn Left.右足前踏, 左軸轉180度**

**7-8**

**Walk forward Right. Walk forward Left.右足前走, 左足前走**

**第八段**

**Forward Rock. Coaster Step. Step Across. Side Step. Back Rock.**

**前下沉, 海岸步, 交叉踏, 側踏, 後下沉**

**1-2**

**Rock forward on Right. Rock back on Left.右足前下沉, 左足回復**

**3&4**

**Step back on Right. Step Left beside Right. Step forward on Right.**

**右足後踏, 左足併踏, 右足前踏**

**5-6**

**Step Left across Right. Step Right to Right side.**

**左足於右足前交叉踏, 右足右踏**

**7-8**

**Rock back on Left. Rock forward on Right. 左足後下沉, 右足回復**