

You And I (只有你和我) (zh)

COPPER KNOB
STEPSHETS

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)



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 o'clock) 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 o'clock) 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 o'clock)
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 Right 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
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- 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
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- 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
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