You And I Both (zh)

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Francien Sittrop (NL) - 2011年01月
Music: You and I Both - Dean Saunders

前奏： Intro: Start on Vocals 唱歌起跳

第一段 Side, Cross Rock, Coaster Step, ¼ Turn R, Cross Shuffle

1 Step R to R side (Diag Fwd) 右足右踏(斜前踏)

2–3 Cross Rock L over R, Recover on R
左足於右足前交叉下沉, 右足回復

4&5 Step L back, Step R next to L, Step L fwd
左足後踏, 右足併踏, 左足前踏

6 ¼ Turn R (03.00) 右轉90度(面向3點鐘)

7&8 Step L across R, Step R to R side, Step L across R
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第二段 Hip Sways, Coaster Step, Step Fwd, Pivot ½ Turn, Triple Full Turn R

1–2 Step R to R side and sway hips, Recover on L and sway hips L
右足右踏右擺臀, 左足回復左擺臀

3&4 Step R back, Step L next to R, Step R fwd
右足後踏, 左足併踏, 右足前踏

5–6 Step L fwd, Pivot ½ Turn R (09.00)
左足前踏, 右軸轉180度(面向9點鐘)

7&8 Triple Full Turn R with L, R, L
三步右轉圈-左, 右, 左

RESTART:
DURING wall 6 after count16 (Facing the front wall). Start again with count 1
第六面牆跳至此, 面向前面牆, 從頭起跳

第三段 Rock, Recover, Lock Step Back, Sailor ¼ Turn L, Mambo ¼ Turn L

1–2 Rock R fwd, Recover on L 右足前下沉, 左足回復

3&4 Step R back, Lock L across R, Step R back
右足後踏, 左足於右足前鎖踏, 右足後踏

5&6 Sweep L behind R with ¼ Turn L, Step R to R side, Step L fwd (06.00)
左轉90度左足繞至右足後踏, 右足右踏, 左足前踏(面向6點鐘)

7&8 Rock R fwd, Recover on L, ¼ Turn L Step R back (03.00)
右足前下沉, 左足回復, 左轉90度右足後踏(面向3點鐘)

第四段 Sailor ¼ L, Rock Recover, 1 ¼ Turn R, Cross Shuffle

1&2 Sweep L behind R with ¼ Turn L, Step R to R side, Step L fwd (12.00)
左轉90度左足繞至右足後踏, 右足右踏, 左足前踏(面向12點鐘)

3–4 Rock R fwd, Recover on L 右足前下沉, 左足回復

5&6 ½ Turn R step R fwd, ½ Turn R step L back, ¼ R step R to R side (03.00)
右轉180度右足前踏, 右轉180度左足後踏, 右轉90度右足右踏(面向3點鐘)

7&8 Step L across R, Step R to R side, Step L across R
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

TAG: AFTER wall 3 & 5 第三面牆及第五面牆

Side Rock Recover (Hip sways). Behind Side Cross x2

1–2	Rock R to R side, Recover on L 右足右下沉, 左足回復
3&4	Step R behind L, Step L to L side, Step R across L 右足於左足後踏, 左足左踏, 右足於左足前交叉踏
5–6	Rock L to L side, Recover on R 左足左下沉, 右足回復
7&8	Step L behind R, Step R to R side, Step L across R 左足於右足後踏, 右足右踏, 左足於右足前交叉踏