

For Me And You

Count: 32

Wall: 4

Level: Beginner

Choreographer: Helen Harris (UK)

Music: This Is Not a Love Song - Runrig



ROCK AND ½ TURN RIGHT, STEPS

- 1-2 Rock forward right, regain on left
- 3-4 Rock back right, regain on left
- 5 ½ turn over right shoulder, stepping back on right
- 6 Step back on left
- 7 Step back on right
- 8 Step forward left

ROCK, ½ TURN, STEP, VINE RIGHT

- 9-10 Rock forward right, regain left
- 11 ½ turn over right shoulder, stepping forward on right
- 12 Step left next to right
- 13-16 Step right to right, left behind, right to side, slide left next to right

VINE LEFT, STEP, SLIDE, STEP, TOUCH

- 17-20 Step left to left, right behind, left to side, slide right next to left
- 21-24 Step right foot forward (45 degrees to right), slide left foot together, step forward right, touch left next to right

BACK STEP, SLIDE, STEP, TOUCH, ROCK, ¼ TURN, HOLD

- 25-28 Step back left (45 degrees to left), slide right foot together, step back left, touch right next to left
- 29-30 Rock back on right, regain on left
- 31 Step forward right, pivot ¼ turn left, placing weight on left foot
- 32 Hold

REPEAT
