She Knows Me



拍数: 64 墙数: 4 级数: Intermediate

编舞者: Chris Jackson (UK) - October 2014

音乐: She Knows Me - Bryan Adams: (Album: Tracks Of My Years)



#16-count intro start on vocals. 1 restart.

SECTION 1: STEP, TURN, STEP, TURN, SHUFFLE RIGHT, PIVOT A QUARTER

Step forward right, pivot a half turn left, step forward right, pivot a half turn left 1.2.3.4

5&6,7,8 Shuffle forward R/L/R, step forward left, pivot a guarter turn right (3.0)

SECTION 2: STEP, TURN, STEP, TURN, SHUFFLE LEFT, PIVOT A QUARTER

1.2.3.4 Step forward left, pivot a half turn right, step forward left, pivot a half turn right

5&6,7,8 Shuffle forward L/R/L, step forward right, pivot a quarter turn left (12.0)

SECTION 3: CROSS, SIDE, BEHIND-SIDE-CROSS, SIDE, BEHIND-SIDE-CROSS, SIDE

Cross right over left, left to left side, right behind left, left to left side, cross right over left 1,2,3&4 5,6&7,8 Left to left side, right behind left, left to left side, cross right over left, left to left side

SECTION 4: BACK ROCK, HALF, HALF, PIVOT A HALF, SHUFFLE RIGHT

1,2,3,4 Rock back on right, recover on left, make a half turn left stepping back on right, make a half

turn left stepping forward on left

Step forward right, pivot a half turn left, shuffle forward R/L/R (6.0) 5,6,7&8

SECTION 5: HALF, QUARTER/SWEEP, BACK ROCK, HALF, HALF, SHUFFLE RIGHT

1,2,3,4 Make a half turn right stepping back on left, sweep right from front to back making another

quarter turn right (turning on left toe) completing a three-quarter turn right, rock back on right,

recover on left (3.0)

Restart here on Wall 2 facing front

Moving forward make a half turn left stepping back on right, make another half turn left 5,6,7&8

stepping forward on left, shuffle forward R/L/R

SECTION 6: HALF, QUARTER/SWEEP, BACK ROCK, STEP, HALF, SHUFFLE A QUARTER

Make a half turn right stepping back on left, sweep right from front to back making another 1,2,3,4

quarter turn right (turning on left toe) completing a three-quarter turn right, rock back on right,

recover on left (12.0)

Step forward right, moving forward make a half turn right stepping back on left, shuffle a 5,6,7&8

quarter turn to your right R/L/R (9.0)

SECTION 7: CROSS, BACK, CHASSE LEFT, CROSS, POINT, CROSS, POINT

Cross left over right, step back on right, left to left side, right next to left, left to left side 1,2,3&4

Cross right over left, point left to left side, cross left over right, point right to right side 5,6,7,8

SECTION 8: SAILOR HALF TURN, FORWARD ROCK, HALF, HALF, SHUFFLE A HALF

1&2,3,4 Step right behind left making a half turn to your right, left to left side, right to right side, rock

forward on left, recover on right

Make a half turn left stepping forward on left, make another half turn left stepping back on 5,6,7&8

right, shuffle a half turn left L/R/L (9.0)

Restart: On Wall 2 dance up to Section 5, Step 4, and start again facing 12.0.

Ending: On Wall 7 (starting 12.0) dance up to Section 6, Step 4 and 5, Step forward right, 6 pivot a half turn left, 7 step forward right, 8 pivot a half turn left.

