

You (West Coast)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Shakeema Prescott (USA) & James Ferguson (USA) - July 2025
音乐: You (feat. Snoop Dogg & Q-Tip) - Lucy Pearl



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

TWO IN THE FRONT, TWO IN THE BACK, FRONT BACK, IN OUT IN OUT

1&2 3&4 Tap right foot twice in front, twice in back
5 6 Tap right foot once in front, once in back
&7&8 Right foot in out in out

(see Instructional video for cheat for in outs)

CROSS POINTS

1 2 3 4 Cross right over left, point left to left, cross left over right, point right to right
5 6 7 8 Step back behind on right, point left to left, step back on left, point right to right

CHA CHA FORWARD, HALF RIGHT TURN, CHA CHA TO BACK, HALF LEFT TURN

1&2 3 4 Shuffle forward right left right, step forward on left, pivot half turn to right finishing on right foot
5&6 7 8 Shuffle forward left right left, step forward on right, pivot half turn to left finishing on left

QUARTER TURN LEFT DOING RIGHT AND LEFT SIDE STEPS`

1 2 3 4 Making quarter turn to left making side steps to right: right, left, right, left
5 6 7 8 Side steps to left: left, right, left, right
<https://youtu.be/PmWLmg1saSc?si=xZznn60pLMmUhA1l>

(see Demo video for arms and body styling)

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