

You And Your Hand

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Val O'Connor (UK)
音乐: U + Ur Hand - P!nk : (Clean Edit)



STEP OUT OUT, PIGEON TOES, ¼ MONTEREY, LOCK STEP

- 1-2 Step right foot to right side, step left foot to left side
- 3&4 (Bringing both feet together) bring heels together, toes together, heels together
- 5-6 Point right toe to right side, make ¼ turn right stepping right next to left (3:00)
- 7&8 Step forward on left, lock right behind left, step forward on left

STEP HITCH, COASTER STEP, SWAY SWAY, ¼ SAILOR STEP

- 1-2 Step forward on right, hitch left leg
- 3&4 Step back on left, step right next to left, step forward on left
- 5-6 Step right to right side as you sway hips to right, step left to left side as you sway hips to left
- 7&8 Cross right behind left, make ¼ turn right as step left to left side, step right to right side (6:00)

CROSS, SIDE, FUNKY WEAVE, DIP, ¼ JAZZ BOX

- 1-2 Cross left over right, step right to right side
- 3&4 Cross left behind right, step right to right side, cross left over right
- Option: at the same time raise right shoulder then left then right making it funky**
- 5-6 Step right to right side bending both knees & placing hands on thighs, straighten both knees standing up
- 7&8 Cross right over left, step back on left, make ¼ turn right stepping right to right side (9:00)

CROSS ROCK, COASTER STEP, CROSS ROCK COASTER STEP

- 1-2 Cross rock left over right, recover onto right
- 3&4 Step back on left, step right next to left, step forward on left
- 5-6 Cross rock right over left, recover onto left
- 7&8 Step back on right, step left next to right, step forward on right (9:00)

CROSS, SIDE, VAUDEVILLE STEP, CROSS, SIDE, ¼ VAUDEVILLE STEP

- 1-2 Cross left over right, step right to right side
- 3&4 Cross left behind right, step back slightly on right, dig left heel forward
- &5-6 Step down on left, cross right over left, step left to left side
- 7&8 Cross right behind left, step back slightly on left, make ¼ turn right as you dig right heel forward (12:00)

BACK, CROSS ROCK, SIDE, CROSS UNWIND, CROSS ROCK, SIDE, CROSS UNWIND

- &1-2 Step back on right, cross rock left over right, recover on right
- &3-4 Step left to left side, cross right over left, unwind ½ turn left (weight on right) (6:00)
- 5-6 Cross rock left over right, recover onto right
- &7-8 Step left to left side, cross right over left, unwind ½ turn left (weight on right) (12:00)

SIDE ROCK, BEHIND AND CROSS, SIDE ROCK, ¼ SAILOR

- 1-2 Rock left to left side, recover onto right
- 3&4 Cross left behind right, step right to right side, cross left over right
- 5-6 Rock right to right side, recover onto left
- 7&8 Cross right behind left, make ¼ turn right stepping left to left side, step right to right side (3:00)

KNEE ROLLS, FORWARD ROCK, BACK TURN STEP

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|-----|--|
| 1-2 | Roll left knee out to left side, step down on left |
| 3-4 | Roll right knee out to right side, step down on right |
| 5-6 | Rock forward on left, recover onto right |
| 7&8 | Step back on left, make ¼ turn right stepping right to right side, step forward on left (6:00) |

REPEAT

TAG

To be danced at the end of walls 2 & 4 (16 counts) both times facing front

CROSS POINT, CROSS POINT, CROSS UNWIND, HOLD, STEP BACK

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|---------|--|
| 1-2-3-4 | Cross right over left, point left to left side, cross left over right, point right to right side |
| 5-6 | Cross right over left, unwind ½ turn left (weight on both feet) |
| 7&8 | Hold for count 7, step back right left (&8) |

Repeat one more time then start dance from the beginning
