

You Know Me

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Advanced
编舞者: Niels Poulsen (DK) - April 2010
音乐: You Know Me - Robbie Williams : (Album Version - 4:21)



Note: The music has a 6/8 timing to which you would normally do a Viennese waltz. However, I've choreographed this dance following rolling counts i.e., '1, 2&a3, 4&a5, ...' etc. Listen to the music and try to count it with my counts. It does make sense. Good luck. ;-))

Extra note: Thanks to Maria Maag for her support and to Tom Araujo for his patience! ;-)

2 restarts: After 40 counts on wall 2 and 4 - facing 12:00 each time.

Intro: 16 counts from first beat in music (app. 14 seconds into track). Start with weight on L foot

(1 – 9) Lift L, back back full turn, behind side cross, kick, cross shuffle, side rock, weave

- 1 Step fw on R swinging L leg fw (1) 12:00
2&a3 Step back on L (2), step back on R (&), turn ½ L stepping fw on L (a), turn ½ L stepping back on R sweeping L out to L side (3) 12:00
4&a5& Cross L behind R (4), step R to R side (&), cross L over R (a), kick R low fw (5), hitch R (&) 12:00
6&a7 Cross R over L (6), step L to L side (&), cross R over L (a), rock L to L side (7) 12:00
8&a1 Recover on R (8), cross L over R (&), step R to R side (a), touch L behind R (1) – weight on R 12:00

(10 – 17) Unwind, weave, unwind, cross rock ¼ sweep, cross side rock cross X 2, fw Lift R

- &2&a3 Unwind ½ L (&), change weight to L, (2), cross R over L (&), step L to L side (a), touch R behind L (3) 6:00
&4&a5 Unwind ½ R (&), change weight to R (4), cross rock L over R (&), recover back on R (a), turn ¼ L stepping fw on L and sweeping R fw (5) 9:00
6&a7 Cross R over L (6), rock L to L side (&), recover on R (a), cross L over R sweeping R to R side (7) 9:00
8&a1 Cross R over L (8), rock L to L side (&), recover on R (a), cross L over R lifting R leg fw (1) – note: when doing the cross and Lift with R leg your body will automatically turn towards 10:30 10:30

(18 – 25) Back rock, recover sweep, weave, side rock, 1 ¼ turn R, fw L, ¼ R, walk L R, rock L

- 2 – 3 Rock back on R (2), recover on L sweeping R fw and squaring up to 9:00 turning 1/8 L on L (3) 9:00
4&a5 Cross R over L (4), step L to L side (&), cross R behind L (a), rock L to L side prepping body L (5) 9:00
6&a7 Turn ¼ R stepping fw on R (6), turn ½ R stepping back on L (&), turn ½ R stepping fw on R (a), step fw on L (7) (try to make the transition from stepping L fw (7) to your ¼ R on count 8 very slow)

Non-turny option for counts 6&a: replace 1¼ R with shuffle ¼ R 12:00

- 8&a1 Turn ¼ R stepping onto R (8), run fw towards 4:30 on L (&), run fw R (a), rock fw L (1) 4:30

(26 – 33) Back back full turn, behind side cross, sway L R L, chasse ¼ R, fw L with R hitch

- 2&a3 Recover back on R (2), step back on L (&), turn ½ R stepping fw on R (a), turn ½ R stepping back on L sweeping R to R side (3) 4:30
4&a Cross R behind L (4), step L to L side squaring up to 3:00 (&), cross R over L (a) 3:00
5 – 7 Step L to L side swaying body L (5), recover R with R sway (6), recover L with L sway (7) 3:00

8&a1 Step R to R side (8), step L next to R (&), turn ¼ R stepping R fw (a), step L fw hitching R knee (1) 6:00

(34 – 40) Back rock, sweep, cross full turn, side rock, cross shuffle & rock, back R, rock L

2 – 3 Rock back on R (2), recover onto L sweeping R fw (3) 6:00

4&a5 Cross R over L (4), turn ¼ R stepping back on L (&), turn ½ R stepping fw on R (a), turn ¼ R rocking L to L side (5) (Non-turny option: cross shuffle & side rock L) 6:00

6&a7 Recover on R (6), cross L over R (&), step R to R side (a), cross rock L over R (7) – note: when doing the cross shuffle your body will automatically turn towards 7:30. 7:30

8&a Recover on R (8), rock back on L squaring up to 6:00 (&), recover onto R (a) * restart here on wall 2 and 4 (facing 12:00 each time) 6:00

(41 – 48) ½ R sweep, back tap step, ¼ L with R side step, behind turn step, hitch R, back turn step, full L spiral turn, L mambo step

1 Turn ½ R stepping back on L sweeping R out to R side fw (1) 12:00

2&a3 Step back on R (2), tap L in front of R (&), step fw on L (a), turn ¼ L stepping R to R side (3) 9:00

4&a5 Cross L behind R (4), turn 1/8 R stepping R fw towards 10:30 (&), step L fw (a), hitch R knee (5) 10:30

6&a7 Step back on R (6), turn 3/8 L stepping fw on L (&), step R fw (a), make a full L spiral turn on R (7) 6:00

8&a Rock fw on L (8), recover onto R foot (&), step L next to R (a) 6:00

Start again

Option! On wall 5, starting at 12:00, there are some extra and heavy beats in the music from counts 14-17. To hit these beats change the two 'cross side rock sweep' to three 'cross & side rocks':

(14 – 17) Cross, L side rock, cross, R side rock, cross, L side rock, cross with point/lift

6&a Cross R over L (6), rock L to L side (&), recover on R (a) 9:00

7&a Cross L over R (7), rock R to R side (&), recover on L (a) 9:00

8&a1 Cross R over L (8), rock L to L side (&), recover on R (a), cross L over R lifting R leg fw (1) 10:30

Ending On your 6th wall music starts fading out at count 34-40. Your ending will be on count 41 (facing 6:00). When doing the ½ R on count 41 you add an extra ½ turn R sweeping R fw to face 12:00 12:00

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