

You and I

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - October 2018
音樂: You And I - Ingrid Michaelson : (iTunes)



(16 count intro)

[S1] 2x Cross Kick-Side-Together-Fwd (RL)

1 2 Kick R across L, Step R to side
3 4 Step L together, Step R forward
5 6 Kick L across R, Step L to side
7 8 Step R together, Step L forward (12:00)

[S2] Point, Slide Cross (for 2 counts), Side, Cross Rock, Side, Together

1 Point R to side
2 3 4 Sliding R across L (weight on L) (2 3), Step R to side (4)
5 6 Rock/cross L over R, Recover weight on R
7 8 Step L to side, Step R together (12:00)

[S3] 1/4L Fwd, Scuff, Fwd Rock, Skate Back-Back, Back Rock

1 2 Make a ¼ turn left stepping L forward, Scuff R
3 4 Rock/step R forward, Recover weight on L
5 6 Skate back RL
7 8 Rock/step R back, Recover weight on L (9:00)

[S4] Fwd-Heel Twist w/ 1/4R Hook-Fwd, Fwd-Heel Twist w/ 1/4L Hook, Hold

1 2 Step R forward, Twist heels to the right
3 4 Make a ¼ turn right on left foot and hook R in front of L, Step R forward (12:00)
5 6 Step L forward, Twist heels to the left
7 8 Make a ¼ turn left on right foot and hook L in front of R, Hold (9:00)

[S5] Fwd, Step-Pivot 1/2L, Fwd, Step-Pivot 1/2R, Full Turn

1 2 Step L forward, Step R forward
3 4 Make a ½ turn left recover weight on L, Step R forward (3:00)
5 6 Step L forward, Make a ½ turn right recover weight on R
7 8 Make a ½ turn right stepping back on L, Make a ½ turn right stepping forward on R (9:00)

[S6] Fwd Rock, Back-Lock-Back, 1/4L Back-Lock-Back

1 2 Rock/step L forward, Recover weight on R
3 4 Step L back, Lock/cross R over L
5 6 Step L back, Make a ¼ turn left stepping back on R
7 8 Lock/cross L over R, Step R back (6:00)

[S7] Kick, Side, Rock Behind, Kick Side, Behind, 1/4R Fwd

1 2 Kick L to left diagonal, Step L to side
3 4 Rock/step R behind L, Recover weight on R
5 6 Kick R to right diagonal, Step R to side
7 8 Step L behind R, Make a ¼ turn right stepping forward on R (9:00)

[S8] Side Toe Strut, 1/4R Side Toe Strut, 1/4R Side Toe Strut, Behind, Side

1 2 L toe to side, Drop L heel down
3 4 Make a ¼ turn right and R toe to side, Drop R heel down

5 6 Make a ¼ turn right and L toe to side, Drop L heel down
7 8 Step R behind L, Step L to side (3:00)

No Tags or Restarts

**Please feel free to contact me if you need any further information. (hirokoinedancing@gmail.com)
(updated: 20/Oct/18)**
