

拍數: 32      牆數: 4      級數: Intermediate  
 編舞者: Scott Schrank (USA) - December 2019  
 音樂: I&U by Brian Justin Crum



Intro: 16 counts when music begins. (9 Seconds In)  
 (Dance Sequence: 32:32:32:32:(Tag):32:32:32:16:(Tag):32 to end

#### **SIDE STEP, HOLD, BALL STEP-BALL STEP, CROSS ROCK & TURN, STEP PIVOT 1/2**

1-2      Step l ft left (1), Hold (2)  
 &3&4      Step ball of R ft next to L ft (&), Step L ft left (3), Step ball of R ft next to L ft (&) Step L ft left (4)  
 5&6      Rock R ft over L ft (5), Recover to L ft (&), Make 1/4 turn right on ball L ft and weight the R ft (6) [3:00]  
 7-8      Step L ft forward (7), Pivot 1/2 turn right on balls of feet (8) [9:00]

#### **STEP, MAMBO SWEEP, SWEEP, SAILOR 1/4 TURN, BALL STEP, BALL STEP ARCH 1/2 TURN**

1-2&      Step L ft forward (1), Press R ft slightly forward (2), Recover weight to L ft (&)  
 3-4      While stepping back on Rt foot-sweep L ft front to back(3), While stepping back on L ft-sweep R ft back (4)  
 5&6      Step R ft behind L ft (5), Step L ft next to R ft while making 1/4 turn right (&), Step R ft slightly forward (6) [12:00]  
 &7&8      Making a 1/2 arch turn right-step ball of L ft slightly behind R ft (&), Step R foot forward (7), Step ball of L ft behind R ft (&), Step R ft forward (8) [6:00]

\*(Restart with tag happens here on Wall 8.

#### **SWAY, SWAY, BEHIND SIDE CROSS, SWAY, SWAY, BEHIND 1/4 TURN LEFT**

1-2      Sway hips left (1), Sway hips right (2)  
 3&4      Step L ft behind R ft (3), Step R ft right (&), Cross L ft over R ft (4)  
 5-6      Step R ft right while swaying hips right (5), Sway hips left (6)  
 7&8      Step R ft behind L ft (7), Make 1/4 turn left stepping L ft forward (&), Step R ft forward (8) [3:00]

#### **ROCK, RECOVER, BALL-TOE-BALL-CROSS, SCISSORS-CROSS, STEP BACK, TURN 1/2**

1-2      Rock L ft forward (1), Recover weight to R ft (2)  
 &3&4      Step ball of L ft next to R ft (&), Touch R toes forward (3), Step ball of R ft next to L ft (&), Cross L ft over R ft (4)  
 5&6      Step R ft right (5), Close L ft next to R ft (&), Cross R ft over L ft (6)  
 7-8      Step back on L ft (7), Make 1/2 turn right on ball of L ft closing R ft next to L ft (8) (Weight the R ft) [9:00]

Begin again!

\*TAG Tag happens after full 32 counts of Wall 4 (12:00) and then after 16 counts of wall 8 (9:00)

1-2      Step L ft left swaying hips left (Over 2 counts)  
 3-4      Sway hips right over two counts bringing weight back to R .  
 (ARMS: Push arms out to the sides with palms facing forward.)

E-mail: [sschrank@bellsouth.net](mailto:sschrank@bellsouth.net)  
 Websites: [www.scottschrank.com](http://www.scottschrank.com)