

拍數: 32 牆數: 4 級數: High Improver
 編舞者: Gregory Danvoie (BEL) & José Miguel Belloque Vane (NL) - June 2025
 音樂: Me & You - Ella Henderson



SEC 1 Cross rock, recover, side chasse, heel grind with ¼ turn, coaster step

1-2 RF cross rock over LF, recover on LF (12:00)
 3&4 RF step to the R side, LF step next to RF, RF step to the R side (12:00)
 5-6 LF heel forward & turn ¼ turn to the L side (09:00)
 7&8 LF step back, RF step next to LF, LF step forward (09:00)

SEC 2 Walk X2, kick-ball-step, step fwd, pivot ½ turn, shuffle back with ½ turn

1-2 RF step forward, LF step forward (09:00)
 3&4 RF kick forward, LF step next to RF, RF step forward (09:00)
 5-6 RF step forward, pivot with ½ turn to the L (03:00)
 7&8 RF step the R side with ¼ turn to the L, LF step next to RF, RF step back with ¼ turn to the L (09:00)

*STEP MODIFICATION + RESTART

SEC 3 Big step with ¼ turn, slide, back rock, recover, side & touch X2

1-2 LF big step to the L side with ¼ turn to the L, RF slide next to LF (06:00)
 3-4 RF back rock, recover on LF (06:00)
 5-6 RF step to the R side, LF touch next to RF (06:00)
 7-8 LF step to the L side, RF touch next to LF (06:00)

SEC 4 Rolling vine with a shuffle ¼ turn, rock fwd, recover, coaster step (or triple full turn)

1-2 RF step forward with ¼ turn to the R, LF step back with ½ turn to the R (03:00)
 3&4 RF step to the R side with ¼ turn to the R, LF step next to RF, RF step forward with ¼ turn to the R (09:00)
 5-6 LF rock forward, recover on RF (09:00)
 7&8 Triple full turn to the L side (L-R-L) (09:00)

EASY OPTION: LF step back, RF step next to LF, LF step forward (09:00)

TAG: at the end of wall 2 (facing 12:00)

1-4 RF touch to the R side with ½ turn to the L, hold time X3

Gestual: push both palms' hands to the side

5-8 RF step forward, LF slide next to RF on 3 counts

Gestual: touch temple with your fingers when the music is seeing "LOSE YOUR MIND "

1-4 LF step to the L side, RF slide next to LF on 3 counts

Gestual: push both palms' hands to the side

5-6 RF cross rock over LF with LF back flick cross behind RF, recover on LF

7-8 RF step to the R side with a LF kick forward, recover on LF with a back flick with RF & Snap with both arms

TAG: at the end of wall 6 (facing 12:00) but make a pivot with 3/4 turn to arrive at 12:00

*STEP MODIFICATION + RESTART: wall 5

Change counts 7&8:

7-8 RF step back with ½ turn to the L, LF step to the L side with ¼ turn to the L