Me 'n' U!



拍數: 48 牆數: 2 級數: Intermediate

編舞者: Maurice & Anna (INA) - March 2010

音樂: Carry Out (feat. Justin Timberlake) - Timbaland



Intro: 32 counts Start on word 'Baby'.

Scuff Steps With Hip Rolls x 2

1-2 Scuff right forward, touch right toe to right side.
3-4 Roll hips clockwise x2, weight ending on right.
5-6 Scuff left forward, touch left toe to left side.
7-8 Roll hips anti- clockwise x2, weight ending on left.

Toe Tap x2, Side Behind 1/4 Turn Step, Kick 1/2 Turn Hitch, Coaster Step

9&10 Tap right toe behind left foot twice, step right to right side.

11&12 Cross left behind right, step right ¼ turn right, step forward on left.

13-14 Kick right foot forward, pivot ½ turn right on ball of left hitching right knee.

15&16 Step back on right, step left next to right, step right forward.

Walks x3, Lock, Hold Unwind 3/4, Sweep, Behind Side Cross

17-18 Step left forward, Step right forward.

&19-20 Step left forward, lock step right foot behind left, hold.
21-22 Unwind ¾ turn right, sweep right foot from front to back.

23&24 Step right behind left, step left to left side, cross step right over left.

1/4 Turn With Heel Swivels x3, Left Sailor Step, Behind 1/4 Step, Pivot 1/2 Turn

25&26 With weight on balls of both feet, swivel heels to right, swivel heels to left, swivel heels to

right making ¼ turn left, weight on right.

27&28 Step left behind right, step right to right side, step left to left side.

29&30 Step right behind left, step left ¼ turn left, step forward on right, Step left foot forward, pivot ½

turn right...

Full Turn Forward Right, Mambo Steps x2, Walk Forward x2

33-34 Make ½ turn right stepping back on left, make ½ turn right stepping forward on right.

Rock forward on left, recover onto right, step left next to right.

Rock forward on right, recover onto left, step right next to left.

39-40 Step forward on left, Step forward on right.

Left Diagonal Rock Recover, Behind Side Cross, Right Diagonal Rock Recover, Unwind Full Turn.

41-42 Step forward diagonally on left, pushing your chest forward over left foot, Recover weight

back onto right...

Step left behind right, step right to right side, cross step left over right.

45-46 Step forward diagonally on right, pushing your chest forward over right foot, Recover weight

back onto left.

&47-48 Step back on right, cross step left over right, unwind full turn right, weight on left.

Start Again

Restart: Wall 6 - Dance the first 14 counts.

Replace counts 15&16 with

Make 1/4 turn left stepping right foot to right side,

Step left in place (weight on left foot) - Restart from beginning.