

She And I

拍數: 32 牆數: 2 級數: Improver
編舞者: Gaye Teather (UK) - February 2014
音樂: She and I - Toby Keith : (CD: Alabama & Friends)



Shuffle forward. Step. Pivot half turn Right. Shuffle forward. Full turn Left (travelling forward)

1&2 Step forward on Right. Step Left beside Right. Step forward on Right
3 – 4 Step forward on Left. Pivot half turn Right
5&6 Step forward on Left. Step Right beside Left. Step forward on Left
7 – 8 Half turn Left stepping back on Right. Half turn Left stepping forward on Left (Facing 6 o'clock)

(Easy option for counts 7 – 8: Walk forward Right. Left)

Right kick-ball-cross x 2. Side rock & side. Drag

1&2 Kick Right foot forward. Step Right beside Left. Cross Left over Right
3&4 Kick Right foot forward. Step Right beside Left. Cross Left over Right
5 – 6 Rock Right to Right side. Recover onto Left
&7 – 8 Step Right beside Left. Step Left to Left side (long step). Drag Right to touch beside Left

***Restart dance from beginning at this point during wall 4 facing 12 o'clock**

Walk back x 2. Coaster step. Walk forward x 2. Left kick-ball-point

1 – 2 Walk back Right (popping Left knee forward). Walk back Left (popping Right knee forward)
(To make it a little bit more funky try swivelling Left heel in on Left knee pop and Right heel in on Right knee pop)
3&4 Step back on Right. Step Left beside Right. Step forward on Right
5 – 6 Walk forward Left. Right
7&8 Kick Left foot forward. Step Left beside Right. Point Right to Right side

Right Sailor step. Sailor quarter turn Left. Cross. Unwind three quarter turn Left (with heel bounces). Coaster step

1&2 Cross Right behind Left. Step Left to Left side. Step Right to Right side
3&4 Quarter turn Left crossing Left behind Right. Step Right to Right side. Step Left to Left side
5 &6 Cross Right over Left. Unwind three quarters Left bouncing heels twice (Facing 6 o'clock) (weight on Right)
7&8 Step back on Left. Step Right beside Left. Step forward on Left

Start again
