You And I (只有你和我) (zh)

Count: 64 **Wall:** 0 **Level:** Intermediate
Choreographer: Oli Geir (ICE) & Hugrun (ICE) - 2009年07月
Music: Someday - Hera Bjork : (CD: Dansk Melodi Grand Prix 09)

前奏： 32 Counts Intro. 32拍後起跳

Note: Dance pattern. A,A Tag, then B rest of the song
舞步順序：A A Tag B B------

Part A (Dance Part A Two Times) A部份跳二次

第一段	**Slide Left. Hold. Back Rock. Side. Hold. Behind. Step Forward ¼ Turn Right. 左側滑, 候, 後下沉, 側, 候, 後, 踏轉1/4**
1-2	Slide Left to Left side, long step. Hold. 左足左滑大步, 候
3-4	Rock Right behind Left. Rock forward on Left. 右足於左足後下沉, 左足回復
5-6	Step Right to Right side, long step. Hold.右足右踏, 候
7-8	Step Left behind Right. Turn ¼ turn Right stepping forward on Right. (Facing 3 oclock)左足於右足後踏, 右轉90度右足前踏(面向3點鐘)
第二段	**Step Pivot ½ Turn Right. Right Shuffle Forward. Hold. Left Forward Rock.踏轉, 前交換, 候, 前下沉回復**
1-2	Step forward on Left. Pivot ½ Turn Right weight on Left. (Facing 9 oclock) 左足前踏, 右軸轉180度重心在左足(面向9點鐘)
3-4	Step forward on Right. Step Left beside Right. 右足前踏, 左足併踏
5-6	Step forward on Right. Hold. 右足前踏, 候
7-8	Rock Left forward. Rock back on Right. 左足前下沉, 右足回復
第三段	**Step Back. Hold. Sweep Coaster Step Turn ¼ Turn Right. Hold. Forward Rock.後踏, 候, 海岸步帶右繞1/4, 候, 前下沉**
1-2	Step back on Left. Hold. 左足後踏, 候
3-4	Sweep Right out and around from front in to turning ¼ turn Right stepping back on Right. Step Left beside Right. (Facing 12 oclock) 右足右繞轉90度右足後踏, 左足併踏(面向12點鐘)
5-6	Step forward on Right. Hold. 右足前踏, 候
7-8	Rock forward on Left. Rock back on Right. 左足前下沉, 右足回復
第四段	**Step Back. Sweep. Step Behind. Sweep. Step Behind. Step, Step Diagonally Right. Hold. 後踏, 繞, 後踏, 繞, 後踏, 踏, 斜踏, 候**
1-2	Step back on Left. Sweep Rigth out and around. 左足後踏, 右足繞至後
3-4	Step Right behind Left. Sweep Left out and around. 右足於左足後踏, 左足繞至後
5-6	Step Left behind Right. Step Right diagonally Right. 左足於右足後踏, 右足右斜角踏
7-8	Step Left forward diagonally Right. Hold. 左足右斜角前踏, 候

第五段 **Step Diagonally Right. Hold. Step Back. Step Behind. Side Step. Hold. Cross Rock. 右斜角, 候, 後踏, 後踏, 側踏, 候, 交叉下沉**

1-2 Step Right forward diagonally Right. Hold.
右足右斜角前踏, 候

3-4 Step back on Left. Step Right behind Left.
左足後踏, 右足於左足後踏

5-6 Step Left to Left side. Hold. 左足左踏, 候

7-8 Cross rock Right over Left. Rock back on Left.
右足於左足前交叉下沉, 左足回復

第六段 **Turn ¼ Turn Right, Step. Step Pivot ¾ Turn Right. Sway Left. Hold. Sway Right. Hold. 右1/4, 踏, 轉3/4, 左擺, 候, 右擺, 候**

1-2 Turn ¼ Turn Right stepping forward on Right. Hold. (Facing 3 oclock)
右轉90度右足前踏, 候(面向3點鐘)

3-4 Step forward on Left. Pivot ¾ turn Right. (Facing 12 oclock)
左足前踏, 右軸270度(面向12點鐘)

5-8 Sway body to Left. Hold. Sway body to Right. Hold.
身體向左擺, 候, 身體向右擺, 候

第七段 **Turn ½ Turn Right, Step Side. Hold. Cross Rock. Side Step. Hold. Cross Rock. 右1/2, 側, 候, 交叉下沉, 側踏, 候, 交叉下沉**

1-2 Turn ½ turn Right stepping Left to Left side. Hold. (Facing 6 oclock)
右轉180度左足左踏, 候(面向6點鐘)

3-4 Cross rock Right over Left. Rock back on Left.
右足於左足前交叉下沉, 左足回復

5-6 Step Right to Right side. Hold. 右足右踏, 候

7-8 Cross rock Left over Right. Rock back Left.
左足於右足前交叉下沉, 左足回復

第八段 **Turn ¼ Turn Left, Step Forward. Hold. Step Pivot ¼ Turn Left. Cross Step. Hold. Side Step. Together.**
左1/4, 踏, 候, 轉1/4, 交叉踏, 候, 側踏, 併

1-2 Turn ¼ turn Left stepping forward on Left. Hold.
左轉90度左足前踏, 候

3-4 Step forward on Right. Pivot ¼ turn Left. (Facing 12 oclock)
右足前踏, 左軸轉90度(面向12點鐘)

5-6 Cross step Right over Left. Hold. 右足於左足前交叉踏, 候

7-8 Step Left to Left side. Step Right beside Left.
左足左踏, 右足併踏

TAG: 8 Counts Tag Danced In END Of 2nd Wall 加拍, 第二面牆結束時

1-2 Step Left to Left Side. Hold 左足左踏, 候

3-4 Rock Right behind Left. Rock forward on Left.
右足於左足後下沉, 左足回復

5-8 Step Right to Right side. Hold. Touch Left next to Right. Hold.
右足右踏, 候, 左足併點, 候

Part B B部份

第一段 **Left Chasse. Back Rock. Kick Ball Cross. Side Rock.**
左追步, 後下沉, 踢併交叉, 側下沉

1&2 Step Left into chasse Left, stepping Left, Right, Left.
左追步-左, 右, 左

3-4 Rock back on Right. Rock forward on Left.
右足後下沉, 左足回復

5&6 Kick Right diagonally Right. Step Right behind Left. Step Left across Right. 右足右斜踢, 右足於左足後踏, 左足於右足前交叉踏

7-8 Rock Right out to Right side. Recover onto Left.
右足右下沉, 左足回復

第二段 Sailor ½ Turn Right. Step Forw. Toe Touch Forward. Point Side. Hitch ½ Turn Right. Step Lock Step.
右1/2水手, 前踏, 趾前點, 側點, 右1/2抬, 前鎖步

1&2 Step Right behind Left. Turn ¼ turn R. stepping Left to left side. Turn ¼ turn R. Step Right forward.
右足於左足後踏, 右轉90度左足左踏, 右轉90度右足前踏

3-4 Step forward on Left. Touch Right toe forward.
左足前踏, 右足趾前點

5-6 Point Right out to Right side. Hitch up Right knee and turn ½ turn Right. (Facing 12 oclock) 右足右點, 右膝抬右轉180度(面向12點鐘)

7&8 Step forward on Right. Lock step Left behind Right. Step forward on Right. 右足前踏, 左足於右足後踏, 右足前踏

第三段 Forward Rock. Left Shuffle ½ Turn Left. Right Shuffle ½ Left. Coaster Step. 前下沉, 轉交換, 轉交換, 海岸步

1-2 Rock forward on Left. Rock back on Right. 左足前下沉, 右足回復

3&4 Step Left into shuffle ½ turn Left, stepping Left, Right, Left.
左180度轉交換-左, 右, 左

5&6 Step Right into shuffle ½ turn Left, stepping Right, Left, Right.
左180度轉交換-右, 左, 右

7&8 Step back on Left. Step Right beside Left. Step forward on Left.
左足後踏, 右足併踏, 左足前踏

第四段 Walk Forward Right & Left. Right Mambo Step. Walk Back Left & Right. Coaster Cross. 前走-右, 左, 曼波, 後走-左, 右, 海岸交叉

1-2 Walk forward Right. Walk forward Left 右足前走, 左足前走

3&4 Rock forward on Right. Rock back on Left. Step back on Right.
右足前下沉, 左足回復, 右足後踏

5-6 Walk back on Left. Walk back on Right. 左足後走, 右足後走

7&8 Step back on Left. Step Right beside Left. Step Left across Right.
左足後踏, 右足併踏, 左足於右足前交叉踏

第五段 Right Side Rock. Cross Shuffle. Left Side Rock. Cross Shuffle.
右下沉, 交叉交換, 左下沉, 交叉交換

1-2 Rock Right out to Right side. Recover onto Left.
右足右下沉, 左足回復

3&4 Step Right across Left. Step Left to Left side. Step Right across Left. 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

5-6 Rock Left out to Left side. Recover onto Right. 左足左下沉, 右足回復

7&8 Step Left across Right. Step Right to Right side. Step Left across Right. 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第六段	**½ Turn Left. Cross Rock. Right Chasse ¼ Turn Right. Full Turn Right (Trawelling Forward)** **左1/2, 交叉下沉, 右追步帶右1/4, 右轉圈**
1-2	Turn ¼ turn Left stepping back on Right. Turn ¼ turn Left stepping Left to Left side.左轉90度右足後踏, 左轉90度左足左踏
3-4	Cross rock Right over Left. Rock back Left. 右足於左足前交叉下沉, 左足回復
5&6	Step Right to right side. Step Left beside Right. Turn ¼ turn Right stepping Right forward.右足右踏, 左足併踏, 右轉90度右足前踏
7-8	Turn ½ turn Right stepping back on Left. Turn ½ turn Right stepping forward on Right.右轉180度左足後踏, 右轉180度右足前踏
第七段	**Forward Rock. Coaster Step. Step Pivot ½ Turn Left. Walk Right. Walk Left.前下沉, 海岸步, 踏轉, 走, 走**
1-2	Rock forward on Left. Rock Back on Right.左足前下沉, 右足回復
3&4	Step back on Left. Step Right beside Left. Step forward on Left. 左足後踏, 右足併踏, 左足前踏
5-6	Step forward on Right. Pivot ½ turn Left.右足前踏, 左軸轉180度
7-8	Walk forward Right. Walk forward Left.右足前走, 左足前走
第八段	**Forward Rock. Coaster Step. Step Across. Side Step. Back Rock.** **前下沉, 海岸步, 交叉踏, 側踏, 後下沉**
1-2	Rock forward on Right. Rock back on Left.右足前下沉, 左足回復
3&4	Step back on Right. Step Left beside Right. Step forward on Right. 右足後踏, 左足併踏, 右足前踏
5-6	Step Left across Right. Step Right to Right side. 左足於右足前交叉踏, 右足右踏
7-8	Rock back on Left. Rock forward on Right. 左足後下沉, 右足回復