

# STEPPIN' OFF



## THE Page

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## Linedancer

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Approved by:

# You And I (page 1)

### 4 WALL - 128 COUNTS PHRASED - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>PART A</b>			
<b>Section 1</b>	<b>Slide, Hold, Back Rock, Side, Hold, Behind, 1/4 Turn</b>		
1 - 2	Slide left long step to left side. Hold.	Slide Hold	Left
3 - 4	Rock right back behind left. Recover onto right.	Back Rock	On the spot
5 - 6	Step right long step to right side. Hold.	Side Hold	Right
7 - 8	Step left behind right. Make 1/4 turn right stepping right forward. (3:00)	Behind Turn	Turning right
<b>Section 2</b>	<b>Step, Pivot 1/2, Forward Shuffle, Hold, Forward Rock</b>		
1 - 2	Step left forward. Pivot 1/2 turn right (weight on left). (9:00)	Step Pivot	Turning right
3 - 6	Step right forward. Close left beside right. Step right forward. Hold	Shuffle Hold	Forward
7 - 8	Rock forward on left. Recover onto right.	Rock Recover	On the spot
<b>Section 3</b>	<b>Back, Hold, Sweep Coaster Step 1/4 Turn, Hold, Forward Rock</b>		
1 - 2	Step left back. Hold.	Back Hold	Back
3	Sweep right out from front making 1/4 turn right and stepping right back.	Turn	Turning right
4 - 6	Step left beside right. Step right forward. Hold. (12:00)	Coaster Hold	On the spot
7 - 8	Rock forward on left. Recover onto right.	Forward Rock	
<b>Section 4</b>	<b>Back, Sweep, Behind, Sweep, Behind, Step, Step, Hold</b>		
1 - 2	Step left back. Sweep right out and around from front.	Back Sweep	Back
3 - 4	Step right behind left. Sweep left out and around from front.	Behind Sweep	
5 - 6	Step left behind right. Step right forward on right diagonal.	Behind Step	Forward
7 - 8	Step left forward on right diagonal. Hold.	Step Hold	
<b>Section 5</b>	<b>Step, Hold, Back, Behind, Side, Hold, Cross Rock</b>		
1 - 2	Step right forward on right diagonal. Hold.	Forward Hold	Forward
3 - 4	Step left back. Step right behind left.	Back Behind	Back
5 - 6	Step left to left side. Hold.	Side Hold	Left
7 - 8	Cross rock right over left. Recover onto left.	Cross Rock	On the spot
<b>Section 6</b>	<b>1/4 Turn, Step, Pivot 1/2, Sway, Hold, Sway, Hold</b>		
1 - 2	Make 1/4 turn right stepping right forward. Hold. (3:00)	Turn Hold	Turning right
3 - 4	Step left forward. Pivot 3/4 turn right. (12:00)	Step Pivot	
5 - 8	Sway left. Hold. Sway right. Hold.	Sway Sway	On the spot
<b>Section 7</b>	<b>1/2 Turn, Hold, Cross Rock, Side, Hold, Cross Rock</b>		
1 - 2	Make 1/2 turn right stepping left to left side. Hold. (6:00)	Turn Hold	Turning right
3 - 4	Cross rock right over left. Recover onto left.	Cross Rock	On the spot
5 - 6	Step right to right side. Hold.	Side Hold	Right
7 - 8	Cross rock left over right. Recover onto left.	Cross Rock	On the spot
<b>Section 8</b>	<b>1/4 Turn, Hold, Step, Pivot 1/4, Cross, Hold, Side, Together</b>		
1 - 2	Make 1/4 turn left stepping left forward. Hold.	Turn Hold	Turning left
3 - 4	Step right forward. Pivot 1/4 turn left. (12:00)	Step Turn	
5 - 6	Cross right over left. Hold.	Cross Hold	Left
7 - 8	Step left to left side. Step right beside left.	Side Together	
<b>Tag</b>	<b>Danced only once at the end of the second A pattern:</b>		
1 - 2	Step left to left side. Hold.	Side Hold	Left
3 - 4	Rock back on right behind left. Recover onto left.	Back Rock	On the spot
5 - 8	Step right to right side. Hold. Touch left beside right. Hold.	Side Hold Touch Hold	

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## You And I (page 2)

4 WALL - 128 COUNTS PHRASED - INTERMEDIATE			
STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>PART B</b> <b>Section 1</b> 1 & 2 3 - 4 5 & 6 7 - 8	<b>Chasse, Back Rock, Kick Ball Cross, Side Rock</b> Step left to left side. Close right beside left. Step left to left side. Rock back on right. Recover onto left. Kick right diagonally right. Step right beside left. Cross left over right. Rock right to right side. Recover onto left.	Side Close Side Back Rock Kick Ball Cross Side Rock	Left On the spot Right On the spot
<b>Section 2</b> 1 & 2 3 - 4 5 - 6 7 & 8	<b>Sailor 1/2 Turn, Step, Touch, Point, Hitch 1/2 Turn, Forward Lock Step</b> Cross right behind left. Turn 1/4 right stepping left to side. Step right 1/4 right. Step left forward. Touch right toe forward. Point right to right side. Hitch right knee and make 1/2 turn right. (12:00) Step right forward. Lock left behind right. Step right forward.	Sailor Turn Step Touch Point Turn Right Lock Right	Turning right Forward Turning right Forward
<b>Section 3</b> 1 - 2 3 & 4 5 & 6 7 & 8	<b>Forward Rock, Shuffle 1/2 Turn x 2, Coaster Step</b> Rock forward on left. Recover onto right. Shuffle step 1/2 turn left, stepping - left, right, left. Shuffle step 1/2 turn left, stepping - right, left, right. Step left back. Step right beside left. Step left forward.	Forward Rock Shuffle Turn Shuffle Turn Coaster Step	On the spot Turning left  On the spot
<b>Section 4</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Walk Forward x 2, Forward Mambo Step, Walk Back x 2, Coaster Cross</b> Walk forward right. Walk forward left. Rock forward on right. Rock back on left. Step right back. Walk back on left. Walk back right. Step left back. Step right beside left. Cross left over right.	Right Left Mambo Step Back Back Coaster Cross	Forward On the spot Back On the spot
<b>Section 5</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Side Rock, Cross Shuffle, Side Rock, Cross Shuffle</b> Rock right to right side. Recover onto left. Cross right over left. Step left to left side. Cross right over left. Rock left to left side. Recover onto right. Cross left over right. Step right to right side. Cross left over right.	Side Rock Cross Shuffle Side Rock Cross Shuffle	On the spot Left On the spot Right
<b>Section 6</b> 1 - 2 3 - 4 5 & 6 7 - 8	<b>1/2 Turn, Cross Rock, Chasse 1/4 Turn, Full Turn (Travelling Forward)</b> Make 1/4 turn left stepping right back. Make 1/4 turn left stepping left to side. Cross rock right over left. Recover onto left. Step right to side. Close left beside right. Turn 1/4 right stepping right forward. Make 1/2 turn right stepping left back. Make 1/2 turn right stepping right forward.	Turn Turn Cross Rock Side Close Turn Full Turn	Turning left On the spot Turning right
<b>Section 7</b> 1 - 2 3 & 4 5 - 6 7 - 8	<b>Forward Rock, Coaster Step, Step, Pivot 1/2, Walk Forward x 2</b> Rock forward on left. Recover onto right. Step left back. Step right beside left. Step left forward. Step right forward. Pivot 1/2 turn left. Walk forward right. Walk forward left.	Forward Rock Coaster Step Step Pivot Right Left	On the spot  Turning left Forward
<b>Section 8</b> 1 - 2 3 & 4 5 - 6 7 - 8	<b>Forward Rock, Coaster Step, Cross, Side, Back Rock</b> Rock forward on right. Recover onto left. Step right back. Step left beside right. Step right forward. Cross left over right. Step right to right side. Rock back on left. Recover onto right.	Forward Rock Coaster Step Cross Side Back Rock	On the spot  Right On the spot

**Choreographers Notes:** Pattern sequence is AA, Tag, B to end of dance

**Tag:** An 8-count Tag is danced after the second pattern of Part A

**Choreographed by:** Óli Geir & Hugrún (Iceland) July 2009

**Choreographed to:** 'Someday' by Hera Björk (135 bpm) from CD Dansk Melodi Grand Prix 2009 available from  
cdon.eu/music/various\_artists/dansk\_melodi\_grand\_prix\_2009-4072436  
or www.eurovisionary.com/node/1823 (32 count intro)