The Ghost of You

Count: 48 **Wall:** 2 **Level:** Intermediate Phrased

Choreographer: Hege Langhelle (NOR) - March 2026

Music: I Only Know How to Love You - You & Me Harmony

Phrasing: A B A Tag A B A A Tag A
16 counts

A 32 counts
(1-8) lounge, scissorstep, side, sweep, behind, ¼ fwd, ¼ side, rock.

1-2	Rf step R(body lean R)hand move From shoulder and away from body Over 2 counts(1-2).
3&4	Lf step L(3), Rf beside Lf(&), Lf Cross over Rf(4).
&5	Rf step R(&), Lf step behind Rf and Sweep Rf front to back(5).
6&7	Rf step behind Lf(6), ¼ L Lf step Fwd(&), ¼ L Rf step R(7).(06.00)
8&	1/8 L Lf rock back(8), recover to Rf(&).(04.30)

(9-16) rock, ½ fwd,rock, ½ fwd, step, spiral, fwd, 1/2, 1/2.

1-2&3	Lf rock fwd(1), recover to Rf(2), 1/2L Lf fwd(&), Rf rock fwd(3). (10.30)
4&5	Recover to Lf, ½ R Rf fwd(&), Lf fwd(5). (04.30)
6-7 1	/1 spiral on Rf(6), Lf fwd(7).
8&	½ L Rf step back(8), ½ L Lf step Fwd(&).(04.30)

(17-24) fwd with arms, 1/1 unwind with sweep, rock, backsweep x 2

1-3	Rf fwd R arm rise up over 2 counts (1-2), R arm pull down to chest(3).
4-5	Start to turn 1/1L(4), finish Turning 1/1L ending in sweep Rf back to front(5).(04.30)
6-8	Rf rock fwd(6), recover to Lf Sweeping Rf front to back(7), Rf step back sweeping Lf front To back(8).

(25-32) 1/4 sway, sway, ¼, ½, ½, rock, 1/8 side, rock, 3/8 fwd, ¼.

1-3	¼ L Lf sway L(1), Sway R(2), ¼ L Lf fwd(3)(10.30)
4&5	½ L Rf step back(4), ½ L Lf fwd(&), Rf rock fwd(5).
6&7	Recover to Lf(6), 1/8 R Rf step R(&), 1/8 R Lf rock fwd(7)(01.30)
8&	Recover to Rf(8), 3/8 L Lf fwd(&) 1/4 L to start A, B or TAG

B 16 counts
(1-8) basic, ½ sweep, side, crosshitch, behind, side, crosshitch, backrock with slow kick.

1-2&	Rf step R(1), Lf behind Rf(2), Rf cross over Lf(&).
3-4&5	Lf step L and turn1/2 R while Sweeping Rf over 2 counts(3-4). Rf step R(&), Lf cross over Rf And hitch Rf(5).
6&7	Rf step behind Lf(6), Lf step L(&), Rf cross over Lf and hitch Lf(7).
8	Lf step behind Rf and kick slowly Rf fwd(8).

(9-16) sweep , weave , sweep,weave, crossrock, side, crossrock, ¼

1-2&3	Rf fwd sweep Lf back to front(1), Lf cross over Rf(2), Rf step R(&), Lf step behind Rf sweep Rf Front to back(3).
4&5	Rf step behind Lf(4), Lf step L(&), Rf cross over Lf(5).
6&7	Recover to Lf(6), Rf step R(&), Lf cross over Rf(7).
8&	Recover to Rf(8), ¼ L Lf fwd(&). 1/4 L to start A

4 count Tag: basic x 2

1-2&	Rf step R(1), Lf behind Rf(2), Rf cross over Lf(&).
3-4&	Lf step L(3), Rf behind Lf(4), Lf cross over Rf(&).

Last Update: 2 Mar 2026