

# You Are The One

**COPPER** KNOB  
BY STEPHENETS

Count: 32

Wand: 2

Ebene: Improver social cha

Choreograf/in: Bobby Joe Meadows (USA), Patricia Meadows (USA) & Barbara Brown (USA)

Musik: You Are the One - Carlene Carter



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## ROCK BACK, ROCK FORWARD, SHUFFLE, ROCK FORWARD, ROCK BACK, SHUFFLE

- 1-2 Rock back on the right foot. Rock forward on the left foot  
3&4 Shuffle right-left-right  
5-6 Rock forward on the left foot, rock back on the right foot  
7&8 Shuffle left-right-left

## STEP TURN ½, SHUFFLE, STEP TURN ½, SHUFFLE

- 1-2 Step forward right foot, turn ½ turn left, shift weight to the left foot  
3&4 Shuffle right-left-right  
5-6 Step forward on the left foot, turn ½ turn right, shift weight to the right foot  
7&8 Shuffle left-right-left

## MODIFIED VINE RIGHT, MODIFIED VINE LEFT

- 1-2 Step the right foot to the right side step the left foot behind the right foot  
3&4 Shuffle right-left-right to the right side  
5-6 Step the left foot to the left side, step the right foot behind the left foot  
7&8 Shuffle left-right-left to the left side

## STEP TURN ½ TURN LEFT, TURN ½ TURN LEFT AS YOU SHUFFLE RIGHT-LEFT-RIGHT, ROCK BACK, RECOVER, TURN ½ TURN LEFT AS YOU SHUFFLE LEFT-RIGHT-LEFT

- 1-2 Step forward on the right foot, turn ½ turn left  
3&4 Turn ½ turn left as you shuffle right-left-right  
5-6 Rock back on left foot, recover on the right foot  
7&8 Turn ½ turn right as you shuffle left-right-left

**REPEAT**

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