

# You Proof

Count: 48

Wall: 4

Level: Improver

Choreographer: Kevin Formosa (AUS) & Hazel Bird (AUS) - April 2023

Music: You Proof - Morgan Wallen



## Intro: 16 Counts

### [1-8] Rock and Heel hold, ¼ R Cross, side, Sailor Step

1,2&3,4      Rock R fwd, Recover weight L, Step R beside L, Tap L Heel fwd, Hold  
&5,6      Step L beside R, ¼ R crossing R across L, Step L to L side (3.00)  
7&8      Step R behind L, Step L to L Side, Step R to R side

### [9-16] Cross, Side, Sailor ¼ L, Touch Across, Side, L and R

1,2      Step L across R, Step R to R side  
3&4      Step L behind R turning ¼ L, Step R to R side, Step L to L side (12.00)  
5,6      Point R across L, Point R to R side  
&7&8      Step R beside L, Point L to L side, Step L beside R, Point R to R side

### [17-25] Heel grind ¼ R, weave, Sway, Behind Side, Cross Shuffle

1,2      R heel fwd toe twisted in, ¼ R Stepping L to L side twist toe out (3.00)  
3&4      Step R behind L, Step L to L side, Step R across L  
5,6,7&      Step L to L side swaying hips LR, Step L behind R, Step R to R side  
8&1      Step L across R, R to R side, L across R

### [26-32]\*\* Hold, & Heel Hold, Ball Cross, Unwind ½ L, Kick ball change

2&3,4      hold, Step R beside L, L heel out to L side, Hold  
&5,6      Step L beside R, Cross R over L, ½ L weight L (9.00)  
7&8      Kick R fwd, Step R beside L, Step L beside R

### [33-40] Figure 8 Vine with Shuffle

1,2,3,4      Step R across L, Step L to L side, Step R behind L, ¼ L stepping L fwd  
5,6      Step R fwd, Pivot ½ L  
7&8      ¼ L Stepping R to R side, Step L beside R, Step L to L side (9.00)

### [41-48] Back Rock, & Side Hold, Ball Cross, Unwind, Kick ball change

1,2      Rock back on L, recover weight R  
&3,4      Small Step L to L side, Step R behind L, Hold  
&5,6      Small Step L to L side, Step R across L, ½ L weight L (3.00)  
7&8      Kick R fwd, Step R beside L, Step L beside R

Restart\*\*: Wall 3 – dance up until 32 counts and start again