

# You Are

拍数: 48                      墙数: 4                      级数: Intermediate  
编舞者: Chrystel DURAND (FR) - February 2019  
音乐: You Are - Aaron Goodvin



Intro : 4 x 8 counts

**[1-8] ROCK FORWARD, TRIPLE 1/2 TURN, STEP FORWARD, 1/2 TURN, KICK BALL STEP**

1-2                      Rock right forward, recover on left  
3&4                     1/2 turn right and chassé forward (R L R)  
5-6                     Left step forward, 1/2 turn right (weight on right)  
7&8                     Left Kick forward, left ball next to right, right step forward, - 12.00

**[9-16] ROCK FORWARD, TRIPLE 1/2 TURN, 1/4 TURN & STEP SIDE, HOLD, BEHIND SIDE CROSS**

1-2                     Rock left forward, recover on right  
3&4                     1/2 turn left and chassé forward (L R L)  
5-6                     1/4 turn left and right step on right side, hold - 3.00  
7&8                     Cross left behind right, right step on right side, cross left over right

**Restart 1**

**[17-24] SIDE ROCK, CROSS TRIPLE, 1/4 TURN, 1/4 TURN, CROSS TRIPLE**

1-2                     Rock right on right side, recover on left  
3&4                     Cross right over left, left step on left side, cross right over left  
5-6                     1/4 turn right and left step back, 1/4 turn right and right step on right side - 9.00  
7&8                     Cross left over right, right step on right side, cross left over right

**[25-32] STEP SIDE, 1/4 TURN AND SCUFF, TRIPLE FORWARD, ROCKING CHAIR**

1-2                     Right step on right side, 1/4 turn left and left scuff forward - 6.00  
3&4                     Chassé forward (L R L)  
5-8                     Rock right forward, recover on left, rock right back, recover on left

**Restart 2 & 3**

**[33-40] ROCK STEP, COASTER STEP, HEEL & TOE SWITCHES, HEEL, HOOK, HEEL, TOGETHER**

1-2                     Rock right forward, recover on left  
3&4                     Right step back, left next to right, right step forward  
5&6&&                    Left heel forward, left next to right, right toe back, right next to left  
7&8&&                    Left heel forward, left hook cross over right, left heel forward, left next to right

**[41-48] ROCK FORWARD, TRIPLE BACK, TOUCH BACK, 1/2 TURN, STEP FORWARD, 1/2 TURN**

1-2                     Rock right forward, recover on left  
3&4                     Chassé backward (R L R)  
5-6                     Touch left toe back, pivot 1/2 turn left (weight on left)  
7-8                     Right step forward, 1/2 turn left (weight on left) - 6.00

**RESTART :**

restart 1: on wall 3, after 16 counts (behind side cross) face at 3.00

restart 2: on wall 4, after 32 counts (rocking chair) face at 9.00

restart 3: on wall 6, after 32 counts (rocking chair) face at 9.00

\*17610 SAINT-SAUVANT - FRANCE - phone number : 06 40 43 43 89

\*email [barail.ranch@orange.fr](mailto:barail.ranch@orange.fr) website <http://www.barailranch.site-fr.fr/>

