

# You And You Alone

COPPER KNOB  
BY STEPHEN

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Noel Castle (AUS)  
音乐: You and You Alone - Randy Travis



## ROCK FORWARD, RECOVER BACK, ROCK BACK, RECOVER FORWARD, CROSS, HOLD, UNWIND FULL TURN LEFT

1-2-3-4      Rock right forward, recover left back, rock right back, recover left forward  
5-6-7-8      Cross right over left, hold, unwind full turn left for 2 counts (end weight right)

## ROCK FORWARD, RECOVER BACK, ROCK BACK, RECOVER FORWARD, CROSS, HOLD, UNWIND $\frac{3}{4}$ TURN RIGHT

1-2-3-4      Rock left forward, recover right back, rock left back, recover right forward  
5-6-7-8      Cross left over right, hold, unwind  $\frac{3}{4}$  turn right for 2 counts (end weight left)

## ROCK SIDE, RECOVER, CROSS-AND-CROSS, ROCK SIDE, RECOVER, CROSS-AND-CROSS

1-2      Rock/step right side, recover left in place  
3&4      Cross right over left, step left side (&), cross right over left  
5-6      Rock/step left side, recover right in place  
7&8      Cross left over right, step right side (&), cross left over right

## SIDE-CROSS $\frac{1}{4}$ RIGHT, KICK-BALL-BACK, KICK-BALL-BACK, TAP, BRUSH, FORWARD $\frac{1}{4}$ RIGHT

&1      Step right side (&), cross left over right into  $\frac{1}{4}$  turn right  
2&3      Kick right forward, step back on ball of right (&), step left back  
4&5      Kick right forward, step back on ball of right (&), step left back  
6-7      Tap right toe behind left heel, brush right forward diagonal right (start  $\frac{1}{4}$  turn right)  
8      Step right forward (completing  $\frac{1}{4}$  turn right)

## SHUFFLE FORWARD, SWEEP/TAP CROSSED IN FRONT, SWEEP/TAP CROSSED BEHIND, SHUFFLE BACK

1&2      Shuffle forward left-right-left  
3      Sweep right in arc from back to front (keep toe pointed, and touching floor)  
4      Tap right toe lightly on left side of left foot  
5      Sweep right in arc from front to back (keep toe pointed, and touching floor)  
6      Tap right toe lightly behind left side of left foot  
7&8      Shuffle backward right-left-right

## SHUFFLE BACK $\frac{1}{2}$ LEFT, SPIN FULL TURN LEFT, FORWARD, HOOK, $\frac{1}{4}$ LEFT, BRUSH

1&2      Shuffle back making  $\frac{1}{2}$  turn left left-right-left  
3-4      Step right forward into  $\frac{1}{2}$  turn left, step left back into  $\frac{1}{2}$  turn left  
**Spin full turn left on balls of feet**  
5-6      Step right forward, hook left toe low behind right (just above ankle)  
7-8      Step left back into  $\frac{1}{4}$  turn left (long step), brush right forward

**REPEAT**