

It's You

COPPER KNOB
BY STEPHEN

拍数: 0 墙数: 4 级数: Intermediate/Advanced
编舞者: Sylvia Priestley (UK)
音乐: You Are The One - Sean Walker



Sequence: AC, ABC, AC, ABC, AC, ABC

PART A

ROCK, HOOK, TURN, BOX SHUFFLES

1-2 Step right forward, rock back on left
& Hook right heel in front of left shin ready to turn $\frac{1}{4}$ right into right chasse
3&4 Step right $\frac{1}{4}$ right to side, step left next to right, step right to side
5&6 Cross left over right, step right to side, cross left over right
7&8 Step back on right, step left next to right, step back on right
9&10 Step left to side, step right next to left, step left to side

CROSS ROCK, CHASSE, ROCK BACK, SWAYS

11-12 Step right over left, replace weight to left
13&14 Step right to side, step left next to right, step right to side
15-16 Step left behind right, replace weight to right
17-18 Step left to side swaying hips to left, sway hips to right

ROCK, CROSS HOLD, CHASSE, ROCK STEP, PIVOT $\frac{1}{4}$, CROSS SHUFFLE

19-20 Sway left, replace weight to right
21-22 Cross left over right, unwind $\frac{1}{2}$ turn right
23&24 Step right to side, step left next to right, step right to side
25-26 Step left behind right, replace weight to right
27-28 Step left to side, pivot $\frac{1}{4}$ right stepping onto right
29&30 Cross left over right, step right to side, cross left over right

ROCK, CROSS HOLD, CHASSE, ROCK, STEP, PIVOT $\frac{3}{4}$, ROCK

31-32 Step right to side, replace weight to left
33-34 Cross right over left, unwind $\frac{1}{2}$ turn left
35&36 Step left to side, step right next to left, step left to side
37-38 Step right behind left, replace weight to left
39-40 Step right forward, pivot $\frac{3}{4}$ left stepping onto left
41-42 Step right forward, replace weight to left

PART B

Steps 43-50 coincides with the repeat of the words "You Are The One"

ROCK, CROSS, UNWIND

43-44 Step right to side, replace weight to left
45-46 Cross right over left, unwind $\frac{1}{2}$ turn left
47-48 Step left to side, replace weight to right
49-50 Cross left over right, unwind $\frac{1}{2}$ turn right

Option for beats 43-50

43-44 Step right to side, replace weight to left
45-46 Cross right over left, hold
47-48 Step left to side, replace weight to right
49-50 Cross left behind right, hold

PART C

BACK SHUFFLE, ½ TURNING SHUFFLE

51&52 Step right back, step left next to right instep, step right back

53 Step onto left turning ¼ left

& Step right next to left instep

54 Step left forward turning ¼ left
