

You're The One For Me

COPPER KNOB
STEPSHEETS

拍数: 72 墙数: 1 级数: High Beginner
编舞者: Birgit Kjerside (DK) - February 2012
音乐: You're the One - Tracy Chapman



Intro: 16 counts

S1: Side, Together, Forward, Hold, Rocking Chair

1 - 4 Step R to right side, Step L beside R, Step fwd. On R, Hold
5 - 8 Rock fwd on L, Recover R, Rock Back on L, Recover R

S2: Side, Together, Forward, Hold, Rocking Chair,

1 - 4 Step L to left side, Step R beside L, Step fwd. On L, Hold
5 - 8 Rock fwd on R, Recover L, Rock Back on R, Recover L

S3: Paddle ¼ Turn x 2, Cross Point, Cross Kick

1 - 4 Step fwd R, Paddle ¼ left (keeping weight on L), x2
5 - 8 Cross R over L, Point L to L side, Cross L over R, Kick R diagonally right

S4: Behind, Side, Cross, Hold, Hips L x 2

1 - 4 Step R behind L, Step L to left side, Cross R over L, Hold
5 - 8 Touch L slightly to left with hips, Step down on L with hips

S5: Vine right, Touch, Step diagonally fwd, Touch, Step diagonally back, Touch

1 - 4 Step R to right side, Step L behind R, Step R to right side
5 - 8 Step diagonally fwd on L, Touch R beside L, Step diagonally back on R, Touch L beside R

S6: Vine right, Touch, Step diagonally back, Touch, Step diagonally fwd, Touch

1 - 4 Step L to left side, Step R behind L, Step L to left side
5 - 8 Step diagonally back on R, Touch L beside R, Step diagonally fwd on L, Touch R beside L

S7: Step, Lock, Step, Brush Step, Lock, Step, Brush

1 - 4 Step fwd on R, Lock L behind R, Step fwd on R, Brush L
5 - 8 Step fwd on L, Lock R behind L, Step fwd on L, Brush R

S8: Hip bumps, Run steps back R, L, R, Touch

1 - 4 Touch R food slightly fwd, Push R hip fwd, back, fwd, back
5 - 8 Run back R, L, R, Touch L beside R

S9: Side step, Touch, Side step, Touch, Step ½ Turn, Step, Touch

1 - 4 Step L to left side, Touch R beside L Step R to right side, Touch L beside R
5 - 8 Step fwd on L, Turn ½ right, Step fwd on L, Touch R beside L

Ending: After 16 counts on wall 6 : Touch R food slightly fwd, Push R hip fwd, back, fwd, back, fwd

Enjoy the dance and the wonderful music

Contact: birgitstarlight@live.dk