

U Are

拍数: 56 墙数: 4 级数: High Intermediate
编舞者: Roz Chaplin (UK) - April 2012
音乐: You Are (feat. Blake Shelton) - Lionel Richie : (CD: Tuskegee - iTunes)



16 count intro

JAZZ BOX, WALK, WALK, STEP, SCUFF

1-2 Cross right over left, step back on left
3-4 Step right to right side, step forward on left
5-6 Walk forward right, walk forward left
7-8 Step forward on right, scuff left foot beside right

REVERSE ROCKING CHAIR, TOUCH, REVERSE PIVOT ¼, CROSS POINT

1-2 Rock back on left, recover onto right,
3-4 Rock forward on left, recover onto right
5-6 Touch left back, reverse pivot ¼ left (9)
7-8 Cross right over left, point left to left side,

BACK, SWEEP, BACK, SWEEP, ROCK BACK, STEP, HOLD

1-2 Step back on left, sweep right from front to back
3-4 Step back on right, sweep left from front to back
5-6 Rock back on left recover onto right
7-8 Step forward on left, Hold

ROLLING GRAPEVINE, TOUCH & CLAP X2

1-2 Turn ¼ forward on right, step ½ turn back on left
3-4 Turn ¼ right stepping right to right side, touch left beside right & clap
5-6 Turn ¼ forward on left, step ½ turn back on right
7-8 Turn ¼ left stepping left to left side, touch right beside left & clap

Easy Option for non turners: Right grapevine, Left grapevine

Restart Here Wall 5

SIDE ROCK, BEHIND, SIDE, STEP ½ TURN X2

1-2 Rock right to right side, recover onto left
3-4 Cross right behind left, step left to left side
Restart Here Wall 7
5-6 Step forward right, pivot ½ turn left (3)
7-8 Step forward right pivot ½ turn left (taking weight) (9)

Restart Here Wall 3

STEP, SCUFF, BRUSH, KICK X2

1-2 Step right forward, scuff left forward
3-4 Brush left foot over right, kick left foot forward
5-6 Step left forward, scuff right forward
7-8 Brush right foot over left, kick right foot forward

ROCK BACK, STEP ¼ TURN, CROSS, SIDE, BEHIND, SIDE

1-2 Rock back on right, recover onto left
3-4 Step forward right, make ¼ turn left (6)
5-6 Cross right over left, step left to left side
7-8 Cross right behind left, step left to left side

In Memory of My Dearest Dads 100th Birthday today.
