

You Are

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Chrystel DURAND (FR) - February 2019
音樂: 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

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