

You Are Beautiful

拍數: 96 牆數: 2 級數: Easy Intermediate
編舞者: Holly Dockett (AUS) - July 2021
音樂: You Are Beautiful - Stewart Barton



Introduction - The song has a long intro - the dance starts on the lyrics at 36 seconds (72 counts after the drums start).

[1-8] Rock cross shuffle, half turn shuffle forward

1,2 Rock R to R side, replace weight on L
3&4 Cross R over L, step L to L side, cross R over L
5,6 step L back, turning half turn over right shoulder step forward R
7&8 Step L forward, bring R to L foot and step L forward

[9 - 16] Rock replace, back drag, rock and kick ball change

1,2 Rock forward R and replace weight on L
3,4 Step back R and drag L heel back
5,6 Rock back L and replace weight on R
7&8 Kick L forward, step together L, R

[17 - 24] Rock forward, replace, ¼ turn left and point to R side, Full turn over R, hold, point and hold

1,2, Rock forward L and replace weight on R
3,4 Turn ¼ turn L stepping L to L side, pointing R toe to R side and hold
5,6, 7, 8 Turning over the right shoulder, make a full turn to the right stepping R, L, R and hold

[25 - 32] Rock back, kick ball change, hip bumps

1,2 ** Rock back L, replace weight on R
3&4 Kick L forward, step together L, R
5,6, Sway hips to L side and hold
7,8 Sway hips R then L

[33 - 40] Right sailor step, cross unwind, step touch x2

1,&2 Cross R behind L, step L to L side, step R slightly to R side
3,4 Cross L toe behind R foot and unwind ½ turn over L
5,6, Step R across L, touch L toe to L side
7,8 Step L across R, touch R toe to R side

[41 - 48] Cross and behind, ¼ turn left, ½ pivot L, ¼ turn R, cross behind, (Figure 8)

1,2 Cross R over L, step L to L side
3,4 Step R behind L, turning ¼ L step forward on L,
5,6 Step forward R, making ½ pivot turn
7,8 Making ¼ turn R, step R to R side, cross L behind R

[49 - 56] ¼ turn R, hold, pivot ¼, ball jack and hold

1,2, Turning ¼ right step R forward and hold
3,4 Step forward L, Pivot ¼ turn right, taking weight on R
5,6, Cross L over R, step R to R side,
7,8 Touch L heel forward into L diagonal and hold

[57 - 64] Step hitch, step touch, heel touches x3

&1,2 step L together, Step R forward, hitching L knee
3,4 Step L forward, touch R foot next to left
5&6& Touch R heel forward into R diagonal, Touch L heel forward into L diagonal,

7,8 Touch R heel forward into R diagonal and hold

[65- 72] Rock replace 1 ¼ turn, rock replace coaster step

1,2 Rock forward R, replace weight on L
3&4 Turn 1¼ over R stepping R, L, R
5,6 Rock forward L, replace weight on R
7&8 Step back on L, Step R beside L, step forward on L

[73 - 80]* Step R forward, twist L foot to R, Step L forward, twist R to L foot to L

1,2 Step R forward, Twist L heel inwards towards R foot
3,4 Twist L toe inwards towards R, Twist R toe in towards R foot,
5,6 Step L forward, Twist R heel in towards L foot
7,8 Twist R toe in towards L foot, Twist R heel in towards L foot

[81 - 88] Step sweep back, L sailor, ½ pivot

1,2 Step back R, sweeping L foot
3&4 Cross L behind R, step R to R side, step L slightly to L side
5,6 Rock back R, replace weight on L
7,8 Step fwd R, ½ pivot over L shoulder

[89 - 96] ½ pivot, stomp x2, sway x2

1,2 Step fwd R, ½ pivot over L shoulder
3,4, Stomp R twice next to left
5,6 Sway hips R
7,8 Sway hips L, keeping weight on L ready to start dance again

End of dance

EXTRAS:

***Restart: On wall 2, dance up to count 80 (Step and heel twist), then restart the dance.**

****Ending: After count 26 (rock back on L, replace weight) then step back L turning ¼ turn right, dragging R foot towards left foot**

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