

You Proof

拍數: 48 牆數: 4 級數: Improver
編舞者: Kevin Formosa (AUS) & Hazel Bird (AUS) - April 2023
音樂: You Proof - Morgan Wallen



Intro: 16 Counts

[1-8] Rock and Heel hold, ¼ R Cross, side, Sailor Step

1,2&3,4 Rock R fwd, Recover weight L, Step R beside L, Tap L Heel fwd, Hold
&5,6 Step L beside R, ¼ R crossing R across L, Step L to L side (3.00)
7&8 Step R behind L, Step L to L Side, Step R to R side

[9-16] Cross, Side, Sailor ¼ L, Touch Across, Side, L and R

1,2 Step L across R, Step R to R side
3&4 Step L behind R turning ¼ L, Step R to R side, Step L to L side (12.00)
5,6 Point R across L, Point R to R side
&7&8 Step R beside L, Point L to L side, Step L beside R, Point R to R side

[17-25] Heel grind ¼ R, weave, Sway, Behind Side, Cross Shuffle

1,2 R heel fwd toe twisted in, ¼ R Stepping L to L side twist toe out (3.00)
3&4 Step R behind L, Step L to L side, Step R across L
5,6,7& Step L to L side swaying hips LR, Step L behind R, Step R to R side
8&1 Step L across R, R to R side, L across R

[26-32]** Hold, & Heel Hold, Ball Cross, Unwind ½ L, Kick ball change

2&3,4 hold, Step R beside L, L heel out to L side, Hold
&5,6 Step L beside R, Cross R over L, ½ L weight L (9.00)
7&8 Kick R fwd, Step R beside L, Step L beside R

[33-40] Figure 8 Vine with Shuffle

1,2,3,4 Step R across L, Step L to L side, Step R behind L, ¼ L stepping L fwd
5,6 Step R fwd, Pivot ½ L
7&8 ¼ L Stepping R to R side, Step L beside R, Step L to L side (9.00)

[41-48] Back Rock, & Side Hold, Ball Cross, Unwind, Kick ball change

1,2 Rock back on L, recover weight R
&3,4 Small Step L to L side, Step R behind L, Hold
&5,6 Small Step L to L side, Step R across L, ½ L weight L (3.00)
7&8 Kick R fwd, Step R beside L, Step L beside R

Restart**: Wall 3 – dance up until 32 counts and start again