

You Are Enough (CBA4LDF)

拍數: 32 牆數: 4 級數: Improver
編舞者: Willie Brown (SCO) - January 2024
音樂: You Are Enough - Citizen Soldier



Intro: 32 Counts. Start at approx. 16 secs.

SEC 1 CROSS, SCISSOR STEP, SIDE, SAILOR STEP, BEHIND, ½ UNWIND

1 Cross Right over Left
2&3 Step Left to Left side, close Right beside Left, cross Left over Right
4 Step Right to Right side
5&6 Cross Left behind Right, step Right to Right side, step Left to Left side
7-8 Touch Right toe behind Left, unwind ½ turn Right taking weight on Right (6:00)

SEC 2 CROSS, SCISSOR STEP, SIDE, WEAWE, SIDE, DRAG

1 Cross Left over Right
2&3 Step Right to Right side, close Left beside Right, cross Right over Left
4 Step Left to Left side
5&6 Cross Right behind Left, step Left to Left side, cross Right over Left
7-8 Big step to Left on Left, drag Right towards Left (no weight)

SEC 3 ROCK, RECOVER, STEP, ¼ PIVOT, STEP SWEEP, CROSS, SIDE

1-2 Rock back on Right, recover weight forward on Left
3-4 Step forward on Right, pivot ¼ Left taking weight on Left (3:00)
5-6 Cross Right over Left, sweep Left from back to front
7-8 Cross Left over Right, step Right to Right side

SEC 4 COASTER STEP, ½ PIVOT, SLOW WALK, SLOW WALK

1&2 Step back on Left, close Right beside Left, step forward on Left
3-4 Step forward on Right, pivot ½ Left taking weight on Left (9:00)
5-6 Step forward on Right, drag Left towards Right
7-8 Step forward on Left, drag Right towards Left

Option Sign language for counts 5-8 of SEC 4

5-6 Point Right index finger forward with hand in front of body around chest height
7 Flatten Right hand palm down parallel with chest pointing to Left
8 Raise towards chin touching it with the back of your hand

Tag At the end of Wall 9

¼ WALK, WALK

1-2 Turn ¼ left and step forward on Right, drag Left towards Right
3-4 Step forward on Left, drag Right towards Left