

You Are

拍數: 0 牆數: 1 級數: Improver
編舞者: Craig (Sexyfeet) (SCO)
音樂: You Are - Atomic Kitten



Sequence: AB, AB, A counts 1-32, B, BB

PART A

CROSS ROCK LEFT OVER RIGHT, CHASSE LEFT, ROCK BACK, RIGHT SHUFFLE FORWARD

- 1-2 Cross rock left over right, recover on right
- 3&4 Step left to left side, step right next to left, step left to left side
- 5-6 Rock back onto right, recover on left
- 7&8 Step forward onto right, step left beside right, step forward on to right

ROCK LEFT, BEHIND, SIDE, CROSS, CHASSE RIGHT, ROCK BACK

- 9-10 Rock onto left, recover on right
- 11&12 Step left behind right, step right to right side, step left across right
- 13&14 Step right to right side, step left next to right, step right to right side
- 15-16 Rock back onto left, recover on right

STEP, ½ PIVOT RIGHT, LEFT SHUFFLE, ROCK FORWARD RIGHT, RECOVER LEFT, 1 ½ TURN RIGHT

- 17-18 Step forward onto left, pivot ½ turn right (weight ends on right)
- 19&20 Step forward left, step right next to left, step forward left
- 21-22 Rock forward onto right, recover on left
- 23&24 Turn 1 ½ turn right stepping right, left right

Option: the 1 ½ turn can be replaced with a ½ turn

ROCK FORWARD LEFT, RECOVER RIGHT, LEFT COASTER STEP, ¼ ROCK LEFT, ¼ TWICE

- 25-26 Rock forward onto left, recover on right
- 27&28 Step left back, step right beside left, step forward left
- 29-30 Turn ¼ turn left as you rock onto right foot, recover on left
- 31&32 Turn ¼ turn left as you rock onto right foot, rock onto left, recover on right

CROSS ROCK LEFT OVER RIGHT, CHASSE LEFT, ROCK BACK, RIGHT SHUFFLE FORWARD

- 33-34 Cross rock left over right, recover on right
- 35&36 Step left to left side, step right next to left, step left to left side
- 37-38 Rock back onto right, recover on left
- 39&40 Step forward onto right, step left beside right, step forward on to right

ROCK LEFT, BEHIND, SIDE, CROSS, CHASSE RIGHT, ROCK BACK

- 41-42 Rock onto left, recover on right
- 43&44 Step left behind right, step right to right side, step left across of right
- 45&46 Step right to right side, step left next to right, step right to right side
- 47-48 Rock back onto left, recover on right

STEP, ½ PIVOT RIGHT, LEFT SHUFFLE, ROCK FORWARD RIGHT, RECOVER LEFT, ½ TURN RIGHT

- 49-50 Step forward onto left, pivot ½ turn right (weight ends on right)
- 51&52 Step forward left, step right next to left, step forward left
- 53-54 Rock forward onto right, recover on left
- 55&56 Turn 1 ½ turn right stepping right, left right

PART B

STEP LEFT FORWARD HIP BUMP, STEP RIGHT FORWARD, HIP BUMPS, ROCK LEFT FORWARD, RECOVER, ½ TURN LEFT STEPPING LEFT, RIGHT, LEFT

- 1&2 Small step diagonally forward onto left bumping hip forward, back forward and take weight
- 3&4 Small step diagonally forward onto right bumping hip forward, back forward and take weight
- 5-6 Rock forward onto left, recover on right
- 7&8 Turn ½ turn left stepping left right left

STEP RIGHT FORWARD HIP BUMP, STEP LEFT FORWARD, HIP BUMPS, ROCK RIGHT FORWARD, RECOVER, RIGHT COASTER STEP

- 9&10 Small step diagonally forward onto right bumping hip forward, back, forward and take weight
- 11&12 Small step diagonally forward onto left bumping hip forward, back, forward and take weight
- 13-14 Rock forward onto right, recover on left
- 15&16 Step right foot back, step left next to right, step forward right

CHASSE LEFT, ROCK BACK, CHASSE RIGHT, ROCK BACK

- 17&18 Step left to left side, step right next to left, step left to left side
- 19-20 Rock back onto right, recover on left
- 21&22 Step right to right side, step left next to right, step right to right side
- 23-24 Rock back onto left, recover on right

TOE STRUT, CROSS STRUT, ROCK LEFT, RECOVER, LEFT BEHIND, STEP RIGHT

- 25-16 Touch right toe to right side, step down on right heel
 - 27-28 Touch left toe across right, step down on left heel
 - 29-30 Rock left to left side, recover on right
 - 31-32 Step left behind right, step right to right side
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