

# You Are

**COPPER** KNOB  
BY STEPHEN METZ

拍數: 32      牆數: 2      級數: Improver  
編舞者: Claire Osborne (UK)  
音樂: You Are - Atomic Kitten



---

## SIDE ROCK RIGHT, CROSSING SHUFFLE LEFT, SIDE ROCK LEFT, CROSSING SHUFFLE RIGHT

1-2      Rock to right, rock back onto left  
3&4      Cross right over left, step left to left side, cross right over left  
5-6      Rock to left, rock back onto right  
7&8      Cross left over right, step right to right side, cross left over right

## FORWARD RIGHT ROCK, BACK RIGHT SHUFFLE, BACK LEFT ROCK, FORWARD LEFT SHUFFLE

1-2      Rock forward on right, rock back on left  
3&4      Step back right, close left beside right, step back right  
5-6      Rock back on left, rock forward on right  
7&8      Step forward left, close right beside left, step forward left

## SIDE ROCK RIGHT, BEHIND, SIDE, CROSS, SIDE ROCK LEFT, BEHIND, SIDE, CROSS

1-2      Rock to right, rock back onto left  
3&4      Cross right behind left, step left to left side, cross right over left  
5-6      Rock to left, rock back onto right  
7&8      Cross left behind right, step right to right side, cross left over right

## FORWARD ROCK RIGHT, BACK RIGHT SHUFFLE, STEP ½ PIVOT, SIDE ROCK RIGHT

1-2      Rock forward on right, rock back on left  
3&4      Step back right, close left beside right, step back right  
5-6      Step back on left, pivot ½ turn left  
7&8      Rock to right, rock back onto left

**REPEAT**

---