

You Are

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 0 級數:
編舞者: Frank Cooper (CAN)
音樂: You Are - Wynonna



PART A

WALK WALK, ROCK BACK & PUSH HIP OUT ¼ TURN, SYNCOPATED WEAVE WITH POINT, STEP ACROSS

- 1-2 Step forward on right foot, step forward on left foot
- 3&4 Rock back on right foot, recover onto left foot, rock out onto right foot making a ¼ turn left
- 5-6& Recover onto left foot, step right foot behind left foot, step left foot out to left side
- 7-8 Point right toe out to right side, step right foot over left

SIDE ROCK & CROSS, RUN AROUND ¾ TURN, ROCK STEP, SHUFFLE FORWARD

- 9&10 Rock left foot out to left side, recover onto right foot, step left foot over right
- 11&12 Run around stepping right, left, right making a ¾ turn right
- 13-14 Rock forward on left foot, recover onto right foot

While doing the rock step make a figure 8 with your hips starting with the left hip

- 15&16 Shuffle forward stepping left, right, left

SIDE ROCK & CROSS ¼ TURN, TRIPLE STEP ¾ TURN, SYNCOPATED JAZZ BOX ¼ TURN, TRIPLE STEP ¾ TURN

- 17&18 Rock right out to right side making ¼ turn left, recover onto left foot, step right foot over left
- 19&20 Step back on left foot ¼ turn right, step forward on right foot making ½ turn right, step forward on left foot
- 21&22 Step right foot over left, step back on left foot, step right foot to right side making ¼ turn right
- 23&24 Step left foot over right, step back on right foot making ¼ turn left, step forward on left foot making ½ turn left

ROCK & STEP FORWARD, ROCK & STEP BACK, SIDE ROCK & CROSS, SHUFFLE FULL TURN

- 25&26 Rock forward on right foot, recover onto left foot, step back on right foot
- 27&28 Rock back on left foot, recover onto right foot, step forward on left foot
- 29&30 Rock right foot out to right side, recover onto left foot, step right foot over left
- 31&32 Step back on left foot ¼ turn right, step forward on right foot making a ½ turn right, step left foot to left side making ¼ turn right, completing full turn right

PART B

ROCK & STEP SIDE, ROCK & STEP SIDE, CROSS ROCK & STEP ¼ TURN, PIVOT ½ TURN, STEP SIDE ¼ TURN

- 1&2 Rock back on right foot, recover onto left foot, step right foot to right side
- 3&4 Rock back on left foot, recover onto right foot, step left foot to left side
- 5&6 Rock right foot over left, recover onto left foot, step forward on right foot ¼ turn right
- 7&8 Step forward on left foot, pivot ½ turn right, step left foot to left side making ¼ turn right
- 9-16 Repeat counts 1-8

SYNCOPATED WEAVE ¼ TURN, SYNCOPATED JAZZ BOX ¼ TURN, CROSSING SHUFFLE, SIDE ROCK

- 17&18 Step right foot behind left, step forward on left foot making a ¼ turn left, step forward on right foot
- 19&20 Step left foot over right, step back on right foot, step left foot to left side making a ¼ turn left
- 21&22 Step right foot over left, step left foot to left side, step right foot over left
- 23-24 Rock left foot out to left side, recover onto right foot

SAILOR ½ TURN, SAILOR WITH HEEL, & CROSS ROCK, & KICK BALL CROSS

- 25&26 Step left foot behind right, step forward on right foot making ¼ turn right, step left foot to left side
- 27&28 Step right foot behind left, step left foot to left side, touch right heel forward
- &29-30 Step right foot home, rock left foot over right, recover onto right foot
- &31&32 Step left foot home, kick right foot forward, step right foot home, step left foot over right

STEP SIDE, ROCK & STEP, ROCK & STEP, CROSS ROCK & STEP ¼ TURN

- 33 Step right foot to right side
- 34&35 Rock back on left foot, recover onto right foot, step left foot to left side
- 36&37 Rock back on right foot, recover onto left foot, step right foot to right side
- 38&39 Rock left foot over right, recover onto right foot, step forward on left foot ¼ turn left
- 40&41 Step forward on right foot, pivot ½ turn left, step right foot to right side
- 42-49 Repeat counts 34-41

SYNCOPATED WEAVE ¼ TURN, SYNCOPATED JAZZ BOX ¼ TURN, SIDE ROCK

- 50&51 Step left foot behind right, step forward on right foot making a ¼ turn right, step forward on left
- 52&53 Step right foot over left, step back on left foot, step right foot to right side making a ¼ turn right
- 54&55 Step left foot over right, step right foot to right side, step left foot over right
- 56-57 Rock right foot out to right side, recover onto left foot

SAILOR ½ TURN, SAILOR WITH HEEL, VAUDEVILLE

- 58&59 Step right foot behind left, step forward on left foot making a ¼ turn left, step right foot to right side making a ¼ turn left
- 60&61 Step left foot behind right, step right foot to right side, touch left heel forward
- &62&63 Step left foot home, step right foot over left, step left foot to left side, touch right heel forward
- &64 Step right foot home, step left foot over right

PART C

STEP, ROCK & STEP, ROCK & STEP ¼ TURN, PIVOT ½, STEP ¼, ROCK & STEP

- 1 Step right foot to right side
- 2&3 Rock back on left foot, recover onto right foot, step left foot to left side
- 4&5 Rock back on right foot, recover onto left foot, step forward on right foot making a ¼ turn right
- 6&7 Step forward on left foot, pivot ½ turn right, step left foot to left side making a ¼ turn right
- 8&9 Rock back on right foot, recover onto left foot, step right foot to right side

ROCK & STEP ¼ TURN, PIVOT ½ TURN, STEP ¼, ROCK & STEP, ROCK &

- 10&11 Rock back on left foot, recover onto right foot, step forward on left foot making a ¼ turn left
- 12&13 Step forward on right foot, pivot ½ turn left, step right foot to right side making a ¼ turn left
- 14&15 Rock back on left foot, recover onto right foot, step left foot to left side
- 16& Rock back on right foot, recover onto left foot

ENDING

To end at the front wall (12:00) you will do the last A to the end and instead of doing a shuffle full turn, just do a shuffle ½ turn to face the front
