

You Are The One (P)

拍數: 64 牆數: 0 級數: Partner
編舞者: Michelle Chandonnet (CAN) & Marc Archambault (CAN)
音樂: You Are the One - Carlene Carter



STEP, STEP TOGETHER, STEP, HOLD, STEP, STEP TOGETHER, STEP, HOLD

1-4 Step right forward, step left beside right foot, step right back, hold
5-8 Step left back, step right beside left foot, step left forward, hold

STEP, LOCK, STEP, BRUSH, STEP, LOCK, STEP, BRUSH

1-4 Step right forward, step left behind right foot, step right forward, brush left
5-8 Step left forward, step right behind right foot, step left forward, brush right

STEP, SLIDE, STEP CROSSED, HOLD, STEP, SLIDE, STEP CROSSED, HOLD

1-4 Step right to right side, slide left beside right foot, step right across in front of left foot, hold
5-8 Step left to left side, slide right beside left foot, step left across in front of right foot, hold

HEEL STRUT $\frac{1}{4}$ TURN, HEEL STRUT $\frac{1}{4}$ TURN, BACK TOE STRUTS

1-2 Step right heel turning $\frac{1}{4}$ turn to right, drop right foot down
3-4 Step left heel turning $\frac{1}{4}$ turn to right, drop heel down
5-6 Touch right toe back, drop right heel down
7-8 Touch left toe back, drop left heel down

STEP, LOCK, STEP, HOLD, STEP, LOCK, STEP, LOCK, STEP, HOLD

1-4 Step right back, slide left across in front of right foot, step right back, hold
5-8 Step left back, slide right across in front of left foot, step left back, hold

POINT, HOLD, STEP, HOLD, HEEL, HOLD, STEP, HOLD

1-4 Point right toe backward, hold, step right forward, hold
5-8 Touch left heel forward, hold, step left backward, hold

STEP, LOCK, STEP, HOLD, STEP $\frac{1}{2}$ TURN, SLIDE, STEP, HOLD

1-4 Step right back, slide left across in front of right foot, step right back, hold
5-8 Step left $\frac{1}{2}$ turn to left, slide right beside left foot, step left forward, hold

MAN: STEP, SLIDE, STEP, HOLD, STEP, SLIDE, STEP, HOLD

LADY: STEP $\frac{1}{2}$ TURN, SLIDE, STEP, HOLD, STEP $\frac{1}{2}$ TURN, SLIDE, STEP, HOLD

Release left hand

1-4 **MAN:** Step right forward, slide left beside right foot, step right forward, hold
 LADY: Step right $\frac{1}{2}$ turn to left, slide left beside right foot, step right back, hold
5-8 **MAN:** Step left forward, slide right beside left foot, step left forward, hold
 LADY: Step left $\frac{1}{2}$ turn to left, slide right beside left foot, step left forward, hold

REPEAT