

You Are The One

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver social cha
編舞者: Bobby Joe Meadows (USA), Patricia Meadows (USA) & Barbara Brown (USA)
音樂: You Are the One - Carlene Carter



ROCK BACK, ROCK FORWARD, SHUFFLE, ROCK FORWARD, ROCK BACK, SHUFFLE

1-2 Rock back on the right foot. Rock forward on the left foot
3&4 Shuffle right-left-right
5-6 Rock forward on the left foot, rock back on the right foot
7&8 Shuffle left-right-left

STEP TURN ½, SHUFFLE, STEP TURN ½, SHUFFLE

1-2 Step forward right foot, turn ½ turn left, shift weight to the left foot
3&4 Shuffle right-left-right
5-6 Step forward on the left foot, turn ½ turn right, shift weight to the right foot
7&8 Shuffle left-right-left

MODIFIED VINE RIGHT, MODIFIED VINE LEFT

1-2 Step the right foot to the right side step the left foot behind the right foot
3&4 Shuffle right-left-right to the right side
5-6 Step the left foot to the left side, step the right foot behind the left foot
7&8 Shuffle left-right-left to the left side

STEP TURN ½ TURN LEFT, TURN ½ TURN LEFT AS YOU SHUFFLE RIGHT-LEFT-RIGHT, ROCK BACK, RECOVER, TURN ½ TURN LEFT AS YOU SHUFFLE LEFT-RIGHT-LEFT

1-2 Step forward on the right foot, turn ½ turn left
3&4 Turn ½ turn left as you shuffle right-left-right
5-6 Rock back on left foot, recover on the right foot
7&8 Turn ½ turn right as you shuffle left-right-left

REPEAT
