

# 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



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## 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**

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