

You're Are The One

COPPERKNOB
STEPSHETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Doug Miranda (USA) & Jackie Miranda (USA)
音樂: You're The One - LMNT : (CD: Radio Disney jams Vol. 6, Walt Disney Records)



1 - 2 Step R
forward, hold
& 3-4 Step L
next to R, step
R forward, hold
5 - 8 Rock
forward on L,
recover on R,
touch L toe
back, make $\frac{1}{2}$
turn L (wt on L)

**SIDE STEP,
TOUCH, $\frac{1}{4}$
TURN L STEP
SIDE, TOUCH;
 $\frac{1}{4}$ TURN L
STEP SIDE,
TOUCH, $\frac{1}{4}$
TURN L, STEP
SIDE, TOUCH
(COMPLETING
A $\frac{3}{4}$
ROTATION)**

1 - 2 Step R to
R side, touch L
next to R
3 - 4 As you
turn $\frac{1}{4}$ turn L,
step L to L side,
touch R next to
L
5 - 6 As you
turn $\frac{1}{4}$ turn L,
step R to R
side, touch L
next to R
7 - 8 As you
turn $\frac{1}{4}$ turn L,
step L to L side,
touch R next to
L (completing $\frac{3}{4}$
turn)

**KICK
FORWARD,
CROSS,
POINT; KICK
FORWARD,
CROSS,
POINT; JAZZ
BOX 1/4 TURN**

1&2 Kick R
forward, cross R
over L, point L
to L side
3&4 Kick L
forward, cross L
over R, point R
to R side
5 - 8 Cross R
over L, step
back on L, turn
¼ R stepping
forward on R,
step L next to R

**CROSS,
POINTS TO
SIDE**

1 - 4 Cross
touch R over L,
point R to R
side, cross R
over L (wt on
R), point L to L
side
5 - 8 Cross
touch L over R,
point L to L
side, cross L
over R (wt on
L), point R to R
side

**HIP ROLLS
LEFT AND
RIGHT; 1/4
TURN LEFT
HIP ROLLS**

1 - 2 As you
step down on R
side roll hips
counterclockwis
e to L for 2
counts (wt on
R)
3 - 4 As you
step down on L
roll hips
clockwise to R
for 2 counts (wt
on L)

5 - 6 Step down
on R into a $\frac{1}{4}$
turn L and roll
hips

counterclockwis
e for 2 counts
(wt on R)

7 - 8 As you
step down on L
roll hips
clockwise to R
for 2 counts (wt
on L)

**WEAVE RIGHT,
HOLD AND
LOOK (OR
VINE RIGHT,
TOUCH);
WEAVE LEFT
INTO $\frac{1}{4}$ TURN
LEFT, HOLD
(OR VINE
LEFT, $\frac{1}{4}$
TURN LEFT,
TOUCH)**

1&2&3-4 Step R
to R side, step L
behind R, step
R to R side,
cross L over R,
step R to R
side, hold and
look to R

5&6&7-8 Step L
to L side, step R
behind L, step L
to L side, cross
R over L, turn $\frac{1}{4}$
turn L and step
L forward, hold
as you look to L

***End the dance with the 2 syncopated weaves to the 1st, 3rd and 5th walls (which is every time you start the dance to the front wall), end the dance with the 2 vines with a touch to the even walls (every time you start at the back wall). In other words, you will alternate (every other time) with the syncopated weaves first and then the vines.**

You can end the dance to the front wall by continuing to do hip rolls into a $\frac{1}{4}$ turn L to face the front and keep doing the hip rolls L & R to the front wall as the music fades.
