

# You're The One For Me

拍數: 72      牆數: 1      級數: High Beginner  
編舞者: Birgit Kjerside (DK) - February 2012  
音樂: You're the One - Tracy Chapman



Intro: 16 counts

## S1: Side, Together, Forward, Hold, Rocking Chair

1 - 4      Step R to right side, Step L beside R, Step fwd. On R, Hold  
5 - 8      Rock fwd on L, Recover R, Rock Back on L, Recover R

## S2: Side, Together, Forward, Hold, Rocking Chair,

1 - 4      Step L to left side, Step R beside L, Step fwd. On L, Hold  
5 - 8      Rock fwd on R, Recover L, Rock Back on R, Recover L

## S3: Paddle ¼ Turn x 2, Cross Point, Cross Kick

1 - 4      Step fwd R, Paddle ¼ left (keeping weight on L), x2  
5 - 8      Cross R over L, Point L to L side, Cross L over R, Kick R diagonally right

## S4: Behind, Side, Cross, Hold, Hips L x 2

1 - 4      Step R behind L, Step L to left side, Cross R over L, Hold  
5 - 8      Touch L slightly to left with hips, Step down on L with hips

## S5: Vine right, Touch, Step diagonally fwd, Touch, Step diagonally back, Touch

1 - 4      Step R to right side, Step L behind R, Step R to right side  
5 - 8      Step diagonally fwd on L, Touch R beside L, Step diagonally back on R, Touch L beside R

## S6: Vine right, Touch, Step diagonally back, Touch, Step diagonally fwd, Touch

1 - 4      Step L to left side, Step R behind L, Step L to left side  
5 - 8      Step diagonally back on R, Touch L beside R, Step diagonally fwd on L, Touch R beside L

## S7: Step, Lock, Step, Brush Step, Lock, Step, Brush

1 - 4      Step fwd on R, Lock L behind R, Step fwd on R, Brush L  
5 - 8      Step fwd on L, Lock R behind L, Step fwd on L, Brush R

## S8: Hip bumps, Run steps back R, L, R, Touch

1 - 4      Touch R food slightly fwd, Push R hip fwd, back, fwd, back  
5 - 8      Run back R, L, R, Touch L beside R

## S9: Side step, Touch, Side step, Touch, Step ½ Turn, Step, Touch

1 - 4      Step L to left side, Touch R beside L Step R to right side, Touch L beside R  
5 - 8      Step fwd on L, Turn ½ right, Step fwd on L, Touch R beside L

Ending: After 16 counts on wall 6 : Touch R food slightly fwd, Push R hip fwd, back, fwd, back, fwd

Enjoy the dance and the wonderful music

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