

# U Are

拍數: 56      牆數: 4      級數: High Intermediate  
編舞者: Roz Chaplin (UK) - April 2012  
音樂: You Are (feat. Blake Shelton) - Lionel Richie : (CD: Tuskegee - iTunes)



## 16 count intro

### JAZZ BOX, WALK, WALK, STEP, SCUFF

- 1-2      Cross right over left, step back on left
- 3-4      Step right to right side, step forward on left
- 5-6      Walk forward right, walk forward left
- 7-8      Step forward on right, scuff left foot beside right

### REVERSE ROCKING CHAIR, TOUCH, REVERSE PIVOT ¼, CROSS POINT

- 1-2      Rock back on left, recover onto right,
- 3-4      Rock forward on left, recover onto right
- 5-6      Touch left back, reverse pivot ¼ left (9)
- 7-8      Cross right over left, point left to left side,

### BACK, SWEEP, BACK, SWEEP, ROCK BACK, STEP, HOLD

- 1-2      Step back on left, sweep right from front to back
- 3-4      Step back on right, sweep left from front to back
- 5-6      Rock back on left recover onto right
- 7-8      Step forward on left, Hold

### ROLLING GRAPEVINE, TOUCH & CLAP X2

- 1-2      Turn ¼ forward on right, step ½ turn back on left
- 3-4      Turn ¼ right stepping right to right side, touch left beside right & clap
- 5-6      Turn ¼ forward on left, step ½ turn back on right
- 7-8      Turn ¼ left stepping left to left side, touch right beside left & clap

Easy Option for non turners: Right grapevine, Left grapevine

Restart Here Wall 5

### SIDE ROCK, BEHIND, SIDE, STEP ½ TURN X2

- 1-2      Rock right to right side, recover onto left
  - 3-4      Cross right behind left, step left to left side
- Restart Here Wall 7
- 5-6      Step forward right, pivot ½ turn left (3)
  - 7-8      Step forward right pivot ½ turn left (taking weight) (9)

Restart Here Wall 3

### STEP, SCUFF, BRUSH, KICK X2

- 1-2      Step right forward, scuff left forward
- 3-4      Brush left foot over right, kick left foot forward
- 5-6      Step left forward, scuff right forward
- 7-8      Brush right foot over left, kick right foot forward

### ROCK BACK, STEP ¼ TURN, CROSS, SIDE, BEHIND, SIDE

- 1-2      Rock back on right, recover onto left
- 3-4      Step forward right, make ¼ turn left (6)
- 5-6      Cross right over left, step left to left side
- 7-8      Cross right behind left, step left to left side

In Memory of My Dearest Dads 100th Birthday today.

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