

# U Are

**Count:** 56      **Wall:** 4      **Level:** High Intermediate

**Choreographer:** Roz Chaplin (Nuline UK) April 2012

**Music:** You Are – Lionel Richie Ft Blake Shelton. CD: Tuskegee (112bpm) 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 $\frac{1}{4}$ , 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  $\frac{1}{4}$  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  $\frac{1}{4}$  forward on right, step  $\frac{1}{2}$  turn back on left
- 3-4 Turn  $\frac{1}{4}$  right stepping right to right side, touch left beside right & clap
- 5-6 Turn  $\frac{1}{4}$  forward on left, step  $\frac{1}{2}$  turn back on right
- 7-8 Turn  $\frac{1}{4}$  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 $\frac{1}{2}$ 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  $\frac{1}{2}$  turn left (3)
- 7-8 Step forward right pivot  $\frac{1}{2}$  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 $\frac{1}{4}$ TURN, CROSS, SIDE, BEHIND, SIDE

- 1-2 Rock back on right, recover onto left
- 3-4 Step forward right, make  $\frac{1}{4}$  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.**