You're The One

Level: Phrased Advanced

Choreographer: Elijus Pranckevičius (LIT) - April 2025

Music: You're The One - Ustin

Intro: 16 Counts from first beat in music (app. 21 seconds into track) (Sequence): A, B, A, B Restart, A, B, A, B, A

Part A: 18 Counts

[1 – 8] Full Rondé Turn L Sweeping, Rock, ¼ Turn R, ½ Turn R, Press R, ¾ Turn R, Rock, Cross, Recover, ¼ Turn L, Pivot Turns L 2x

- 1 2& Note: Start with weight on R cross L, Unwind full turn L sweeping L back (1), Step L back (2), Turn ¼ R stepping R forward (&) 3:00
- 3 4& Turn ½ R stepping L forward (3), Press R (4), Turn ¾ R stepping L beside R (&) 6:00
- 5 6& Step R diagonally forward (5), Cross L over R (6), Recover on R to center (&)

Option: Reach your R&L arms diagonally forward on counting 5 6:00

7 – 8& Turn ¼ L stepping L forward (7), Turn ½ L stepping R back (8), Turn ½ L stepping L forward (&) 3:00

[9 – 16] R Basic Nightclub, Side behind side, Cross, Recover, ¼ Turn R, Spiral, Rock R

- 1 2& Turn ¼ L stepping R to R side (1), Close L behind R (2), Cross R over L (&) 12:00
- 3 4& Step L to L side sweeping R out to R side (3), Cross R behind L (4), Step L to L side (&) 12:00
- 5 6& Cross rock R to L diagonal (5), Recover back on L (6), Turn ¼ R stepping R forward (&) 3:00
- 7 8 Step L forward making full spiral R (7), Rock R forward (8) 3:00

Part B: 22 Counts

- 1 8 ¼ Turn R, Rock, Lift R Straight Leg Up, ¼ Turn R, ¾ Turn R, Sweep, Rock, Recover, Pivot Turn L With Sweep, Rock, Recover, ¼ Turn R, ⅓ Turn R 2x
- 1 2& Turn ¼ R stepping L to L side & lifting R with a straight leg up (1), Turn ¼ R stepping R forward (2), Turn ¾ R stepping L beside R (&) 6:00

Restart Here in the 2nd wall & add 2 counts before you start again:

Rock R to R side (3), Recover on L (&), Cross R over L (4)

9:00

- 3 4& Step R forward sweeping L forward (3), Rock L forward (4), Recover on R (&) 6:00
- 5 6& Turn ½ L stepping L forward & sweep R forward (5), Rock R forward (6), Recover on L (&) 12:00
- 7 8& Turn ¼ R stepping R to R side (7), Turn ¼ R stepping L forward (8), Turn ¼ R stepping R forward (&) 6:00

[9 – 16] Point, ¼ Turn L, Pivot Turns L 2x, R Basic Nightclub, Rock, Hitch, Rock, Cross, Recover, ¼ Turn L, Spiral

- 1&2&Point L to L side (1), Turn ¼ L stepping L forward (&), Turn ½ L stepping R back (2), Turn ½
L stepping L forward (&) 3:00
- 3 4& Turn ¼ L stepping R to R side (3), Close L behind R (4), Cross R over L (&) 12:00
- 5 6& Step L diagonally forward hitching R knee (5), Step R to R side (6), Cross L over R (&) 12:00 7&8 Recover on R (7), Turn ¼ L stepping L forward (&), Step R forward making full spiral L (8)
- [17 22] Rock, Hitch, Piqué Turn L, Rock, ¼ Turn L Slowly Dragging R Next To L, Cross
- 1&2Step L forward hitching R knee (touch R foot to L knee) (1), Turn full circle to L stepping R
forward & hitching L knee (touch L foot to R knee) (&), Step L forward (2) 9:00
- 3 4 Slowly turn ¼ L dragging your R foot next to L (3), Cross R over L (4) 6:00

Restart happens in section B after 2 counts: After you complete counts 1 - 2&, Rock R to R side (3), Recover





Count: 40

Wall: 2

on L (&), Cross R over L (4) and start again section A.