You Are



Compte: 48 Mur: 4 Niveau: Intermediate waltz

Chorégraphe: Dee Musk (UK) - February 2016

Musique: You Are - Charlie Wilson : (Single)



#36 Count Intro - (Approx 16 secs).

Track available from iTunes.co.uk.

S1: Rock Recover Back, ½ Turn Left, Step ½ Pivot Left.

Rock forward on R, recover weight to L, step back on R.

456 Make a ½ turn L stepping forward on L, step forward on R, make a ½ turn L. [12 o'clock]

S2: Travelling Twinkles Right and Left.

123 Slightly travelling forward cross R over L, step L to L diagonal, step R to R diagonal.

456 Repeat on the L.□ [12 o'clock]

*Restart during Wall 4 - Begin again facing 9 o'clock wall.

**Add Tag/Restart during Wall 9 - Begin again facing 9 o'clock wall.

S3: Cross Rock Hitch, Twinkle Back.

123 Cross rock R over L, recover weight to L, hitch R knee around to behind L.

456 Cross step R behind L, step L back to L diagonal, step R back to R diagonal. [12 o'clock]

S4: Behind Sweep, Behind 1/4 Turn Left Step.

123 Cross step L behind R, sweep R from in front to behind L over counts 2,3.

456 Cross step R behind L, make a ¼ turn L stepping forward on L, step forward on R. [9 o'clock]

S5: Rock Recover 1/4 Turn Left, Weave Left.

Rock forward on L, recover weight to R, make a ¼ turn L stepping L to L side.

456 Cross R over L, step L to L side, cross step R behind L.□ [6 o'clock]

S6: Side Drag, 1 1/4 Spiral Turn Right.

123 Step L to L side, drag R to beside L over counts 2,3.

456 Make a ¼ turn R stepping forward on R, step down on L and unwind a full spiral turn R

hooking R in front of L. [9 o'clock]

S7: Step Sweep, Travelling Left Twinkle.

123 Step forward on R, sweep L from behind to in front of R over counts 2.3.

Slightly travelling forward cross L over R, step R to R diagonal, step L to L diagonal. [9]

o'clock]

S8: Twinkle ½ Turn Right, Travelling Left Twinkle.

123 Cross R over L, make a ¼ turn R stepping back on L, make a ¼ turn R stepping R to R side.

456 Slightly travelling forward cross L over R, step R to R diagonal, step L to L diagonal. [3

o'clock]

*Restart during wall 4 - Dance up to and including Count 6 of Section 2 - Then Restart facing 9 o'clock wall.

**During wall 9 - Dance up to and including Count 6 of Section 2 - Add the Tag - Then Restart facing 9 o'clock wall.

Tag:

Cross Sweep, Cross Sweep.

123 Cross R over L, sweep L from behind to in front of R on counts 2,3.
456 Cross L over R, sweep R from behind to in front of L on counts 5,6.

No Ending - just bring it home - lose yourself and enjoy