

You Are

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Intermediate waltz
编舞者: Dee Musk (UK) - February 2016
音乐: 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.

123 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 ¼ 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 ¼ Turn Left, Weave Left.

123 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 ¼ 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.
456 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

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