You Are Enough (CBA4LDF)



编舞者: Willie Brown (SCO) - January 2024 音乐: You Are Enough - Citizen Soldier



Intro: 32 Counts. Start at approx. 16 secs.

SEC 1 CROSS	SCISSOR STEP.	SIDE SAILORS	STEP REHIND	1/4 LINWIND

1	Cross Right over Left
	Cross Riuni over Leit

2&3 Step Left to Left side, close Right beside Left, cross Left over Right

4 Step Right to Right side

5&6 Cross Left behind Right, step Right to Right side, step Left to Left side

7-8 Touch Right toe behind Left, unwind ½ turn Right taking weight on Right (6:00)

SEC 2 CROSS, SCISSOR STEP, SIDE, WEAVE, SIDE, DRAG

1	Cross Left over Right
2&3	Step Right to Right side, close Left beside Right, cross Right over Left
4	Step Left to Left side

5&6 Cross Right behind Left, step Left to Left side, cross Right over Left

7-8 Big step to Left on Left, drag Right towards Left (no weight)

SEC 3 ROCK, RECOVER, STEP, 1/4 PIVOT, STEP SWEEP, CROSS, SIDE

1-2	Rock back on Right, recover weight forward on Left
3-4	Step forward on Right, pivot ¼ Left taking weight on Left (3:00)
5-6	Cross Right over Left, sweep Left from back to front

7-8 Cross Left over Right, step Right to Right side

SEC 4 COASTER STEP, ½ PIVOT, SLOW WALK, SLOW WALK

1&2	Step back on Left, close Right beside Left, step forward on Left
3-4	Step forward on Right, pivot ½ Left taking weight on Left (9:00)

5-6 Step forward on Right, drag Left towards Right7-8 Step forward on Left, drag Right towards Left

Option Sign language for counts 5-8 of SEC 4

5-6 Point Right index finger forward with hand in front of body around chest height

7 Flatten Right hand palm down parallel with chest pointing to Left

8 Raise towards chin touching it with the back of your hand

Tag At the end of Wall 9

1/4 WALK, WALK

1-2 Turn ¼ left and step forward on Right, drag Left towards Right

3-4 Step forward on Left, drag Right towards Left