

# You're Are The One

**COPPER** **KNOB**  
STEPSHEETS

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Doug Miranda (USA) & Jackie Miranda (USA)  
音乐: You're The One - LMNT : (CD: Radio Disney jams Vol. 6, Walt Disney Records)



1 - 2 Step R  
forward, hold  
& 3-4 Step L  
next to R, step  
R forward, hold  
5 - 8 Rock  
forward on L,  
recover on R,  
touch L toe  
back, make  $\frac{1}{2}$   
turn L (wt on L)

**SIDE STEP,  
TOUCH,  $\frac{1}{4}$   
TURN L STEP  
SIDE, TOUCH;  
 $\frac{1}{4}$  TURN L  
STEP SIDE,  
TOUCH,  $\frac{1}{4}$   
TURN L, STEP  
SIDE, TOUCH  
(COMPLETING  
A  $\frac{3}{4}$   
ROTATION)**

1 - 2 Step R to  
R side, touch L  
next to R  
3 - 4 As you  
turn  $\frac{1}{4}$  turn L,  
step L to L side,  
touch R next to  
L  
5 - 6 As you  
turn  $\frac{1}{4}$  turn L,  
step R to R  
side, touch L  
next to R  
7 - 8 As you  
turn  $\frac{1}{4}$  turn L,  
step L to L side,  
touch R next to  
L (completing  $\frac{3}{4}$   
turn)

**KICK  
FORWARD,  
CROSS,  
POINT; KICK  
FORWARD,  
CROSS,  
POINT; JAZZ  
BOX 1/4 TURN**

1&2 Kick R  
forward, cross R  
over L, point L  
to L side  
3&4 Kick L  
forward, cross L  
over R, point R  
to R side  
5 - 8 Cross R  
over L, step  
back on L, turn  
¼ R stepping  
forward on R,  
step L next to R

**CROSS,  
POINTS TO  
SIDE**

1 - 4 Cross  
touch R over L,  
point R to R  
side, cross R  
over L (wt on  
R), point L to L  
side  
5 - 8 Cross  
touch L over R,  
point L to L  
side, cross L  
over R (wt on  
L), point R to R  
side

**HIP ROLLS  
LEFT AND  
RIGHT; 1/4  
TURN LEFT  
HIP ROLLS**

1 - 2 As you  
step down on R  
side roll hips  
counterclockwis  
e to L for 2  
counts (wt on  
R)  
3 - 4 As you  
step down on L  
roll hips  
clockwise to R  
for 2 counts (wt  
on L)

5 - 6 Step down  
on R into a  $\frac{1}{4}$   
turn L and roll  
hips  
counterclockwis  
e for 2 counts  
(wt on R)  
7 - 8 As you  
step down on L  
roll hips  
clockwise to R  
for 2 counts (wt  
on L)

**WEAVE RIGHT,  
HOLD AND  
LOOK (OR  
VINE RIGHT,  
TOUCH);  
WEAVE LEFT  
INTO  $\frac{1}{4}$  TURN  
LEFT, HOLD  
(OR VINE  
LEFT,  $\frac{1}{4}$   
TURN LEFT,  
TOUCH)**

1&2&3-4 Step R  
to R side, step L  
behind R, step  
R to R side,  
cross L over R,  
step R to R  
side, hold and  
look to R

5&6&7-8 Step L  
to L side, step R  
behind L, step L  
to L side, cross  
R over L, turn  $\frac{1}{4}$   
turn L and step  
L forward, hold  
as you look to L

**\*End the dance with the 2 syncopated weaves to the 1st, 3rd and 5th walls (which is every time you start the dance to the front wall), end the dance with the 2 vines with a touch to the even walls (every time you start at the back wall). In other words, you will alternate (every other time) with the syncopated weaves first and then the vines.**

You can end the dance to the front wall by continuing to do hip rolls into a  $\frac{1}{4}$  turn L to face the front and keep doing the hip rolls L & R to the front wall as the music fades.

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