

You're The One

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate Waltz style
编舞者: Yvonne Anderson (SCO) - April 2010
音乐: You're the One - Dondria : (CD Single: You're The One)



Notes: Start when main beat kicks in, 48 counts from start of track. Dance finishes facing forward

(1-12) LEFT TWINKLE, CROSS 3/4 TURN RIGHT, STEP -PIVOT 1/2 TURN RIGHT- DRAW, FULL TRIPLE TURN FORWARD

- 1-3 Step L across right, Step R to side, Step L in place [12]
- 4-6 Step R across left, Make 1/4 turn right stepping L back, Make 1/2 turn right stepping R forward [9]
- 7-9 Step L forward, Make 1/2 turn right, Draw R toes towards left [3]
- 10-12 Make a full turn right (travels forward) stepping R, L, R [3]

(13-24) STEP 1/4 TURN RIGHT-DRAW-HOLD, STEP SIDE-DRAW-HOLD, FORWARD WALTZ 1/2 TURN LEFT, BACK WALTZ 1/2 TURN LEFT

- 1-3 Make 1/4 right stepping L to left, Draw R towards left, Hold [6]
- 4-6 Step R to right, Draw L towards right, Hold [6]
- 7-9 Step L forward, Make 1/4 left stepping R to side, Make 1/4 turn left stepping L back [12]
- 10-12 Step R back, Make 1/4 left stepping L to side, Make 1/4 turn left stepping right forward [6]

(25-36) CROSS ROCK-RECOVER-SIDE, CROSS-SIDE ROCK-RECOVER, SAILOR STEP, SAILOR 1/4 TURN

- 1-3 Rock L across right, Recover weight on R, Step L to left [6]
- 4-6 Step R across left, Rock L to left, Recover weight on R [6]
- 7-9 Step L behind right, Step R to right, Step L to left [6]
- 10-12 Step R behind left, Making 1/4 turn right step L back, Step R to side [9]

(37-48) STEP FORWARD, SWEEP 1/2 TURN, CROSS-SIDE ROCK-RECOVER, SAILOR STEP, SAILOR 1/4 TURN

- 1-3 Step L forward, Make 1/2 turn left over two counts sweeping R out and around [3]
- 4-6 Step R across left, Rock L to left, Recover weight on R [3]
- 7-9 Step L behind right, Step R to right, Step L to left [3]
- 10-12 Step R behind left, Making 1/4 turn right step L back, Step R to side [6]

REPEAT

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