

'You Are'

Choreographer Dee Musk (UK) February 2016

48 Count 4 Wall Intermediate Waltz - 1 Restart - 1 Taglet ©

Music:- 'You Are' by Charlie Wilson – You Are – Single: 4 mins 10 Secs. BPM: 128 (Approx)

36 Count Intro - (Approx 16 secs). Track available from iTunes.co.uk.

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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

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.

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

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

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

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

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

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 ☺