

# YOU ARE THE ONE

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**Count:** 32      **Wall:** 2      **Level:** beginner/intermediate social cha

**Choreographer:** Bobby Joe & Patricia Meadows & Barbara Brown

**Music:** You Are The One by Carlene Carter

## ROCK BACK, ROCK FORWARD, SHUFFLE, ROCK FORWARD, ROCK BACK, SHUFFLE

- 1-2      Rock back on the right foot. Rock forward on the left foot
- 3&4      Shuffle right-left-right
- 5-6      Rock forward on the left foot, rock back on the right foot
- 7&8      Shuffle left-right-left

## STEP TURN ½, SHUFFLE, STEP TURN ½, SHUFFLE

- 1-2      Step forward right foot, turn ½ turn left, shift weight to the left foot
- 3&4      Shuffle right-left-right
- 5-6      Step forward on the left foot, turn ½ turn right, shift weight to the right foot
- 7&8      Shuffle left-right-left

## MODIFIED VINE RIGHT, MODIFIED VINE LEFT

- 1-2      Step the right foot to the right side step the left foot behind the right foot
- 3&4      Shuffle right-left-right to the right side
- 5-6      Step the left foot to the left side, step the right foot behind the left foot
- 7&8      Shuffle left-right-left to the left side

## STEP TURN ½ TURN LEFT, TURN ½ TURN LEFT AS YOU SHUFFLE RIGHT-LEFT-RIGHT, ROCK BACK, RECOVER, TURN ½ TURN LEFT AS YOU SHUFFLE LEFT-RIGHT-LEFT

- 1-2      Step forward on the right foot, turn ½ turn left
- 3&4      Turn ½ turn left as you shuffle right-left-right
- 5-6      Rock back on left foot, recover on the right foot
- 7&8      Turn ½ turn right as you shuffle left-right-left

## REPEAT