

# You Are

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**Count:** 48      **Wall:** 4      **Level:** Intermediate waltz

**Choreographer:** Dee Musk (UK) Feb. 2016

**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](https://www.itunes.co.uk).

### S1: 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]

### S2: 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.**

### S3: 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]

### S4: 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]

### S5: 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]

### S6: 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]

**S7: 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]

**S8: 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**

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