

# YOU AND YOU ALONE

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**Count:** 48

**Wall:** 2

**Level:** intermediate

**Choreographer:** Noel Castle

**Music:** You And You Alone by Randy Travis

## ROCK FORWARD, RECOVER BACK, ROCK BACK, RECOVER FORWARD, CROSS, HOLD, UNWIND FULL TURN LEFT

**1-2-3-4** Rock right forward, recover left back, rock right back, recover left forward

**5-6-7-8** Cross right over left, hold, unwind full turn left for 2 counts (end weight right)

## ROCK FORWARD, RECOVER BACK, ROCK BACK, RECOVER FORWARD, CROSS, HOLD, UNWIND $\frac{3}{4}$ TURN RIGHT

**1-2-3-4** Rock left forward, recover right back, rock left back, recover right forward

**5-6-7-8** Cross left over right, hold, unwind  $\frac{3}{4}$  turn right for 2 counts (end weight left)

## ROCK SIDE, RECOVER, CROSS-AND-CROSS, ROCK SIDE, RECOVER, CROSS-AND-CROSS

**1-2** Rock/step right side, recover left in place

**3&4** Cross right over left, step left side (&), cross right over left

**5-6** Rock/step left side, recover right in place

**7&8** Cross left over right, step right side (&), cross left over right

## SIDE-CROSS $\frac{1}{4}$ RIGHT, KICK-BALL-BACK, KICK-BALL-BACK, TAP, BRUSH, FORWARD $\frac{1}{4}$ RIGHT

**&1** Step right side (&), cross left over right into  $\frac{1}{4}$  turn right

**2&3** Kick right forward, step back on ball of right (&), step left back

**4&5** Kick right forward, step back on ball of right (&), step left back

**6-7** Tap right toe behind left heel, brush right forward diagonal right (start  $\frac{1}{4}$  turn right)

**8** Step right forward (completing  $\frac{1}{4}$  turn right)

## SHUFFLE FORWARD, SWEEP/TAP CROSSED IN FRONT, SWEEP/TAP CROSSED BEHIND, SHUFFLE BACK

**1&2** Shuffle forward left-right-left

**3** Sweep right in arc from back to front (keep toe pointed, and touching floor)

- 4 Tap right toe lightly on left side of left foot
- 5 Sweep right in arc from front to back (keep toe pointed, and touching floor)
- 6 Tap right toe lightly behind left side of left foot
- 7&8 Shuffle backward right-left-right

**SHUFFLE BACK ½ LEFT, SPIN FULL TURN LEFT, FORWARD, HOOK, ¼ LEFT, BRUSH**

- 1&2 Shuffle back making ½ turn left left-right-left
- 3-4 Step right forward into ½ turn left, step left back into ½ turn left

**Spin full turn left on balls of feet**

- 5-6 Step right forward, hook left toe low behind right (just above ankle)
- 7-8 Step left back into ¼ turn left (long step), brush right forward

**REPEAT**