

YOU ARE

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Count: — Wall: — Level: —

Choreographer: Frank Cooper

Music: You Are by Wynonna

PART A

WALK WALK, ROCK BACK & PUSH HIP OUT $\frac{1}{4}$ TURN, SYNCOPATED WEAVE WITH POINT, STEP ACROSS

- 1-2 Step forward on right foot, step forward on left foot
- 3&4 Rock back on right foot, recover onto left foot, rock out onto right foot making a $\frac{1}{4}$ turn left
- 5-6& Recover onto left foot, step right foot behind left foot, step left foot out to left side
- 7-8 Point right toe out to right side, step right foot over left

SIDE ROCK & CROSS, RUN AROUND $\frac{3}{4}$ TURN, ROCK STEP, SHUFFLE FORWARD

- 9&10 Rock left foot out to left side, recover onto right foot, step left foot over right
- 11&12 Run around stepping right, left, right making a $\frac{3}{4}$ turn right
- 13-14 Rock forward on left foot, recover onto right foot

While doing the rock step make a figure 8 with your hips starting with the left hip

- 15&16 Shuffle forward stepping left, right, left

SIDE ROCK & CROSS $\frac{1}{4}$ TURN, TRIPLE STEP $\frac{3}{4}$ TURN, SYNCOPATED JAZZ BOX $\frac{1}{4}$ TURN, TRIPLE STEP $\frac{3}{4}$ TURN

- 17&18 Rock right out to right side making $\frac{1}{4}$ turn left, recover onto left foot, step right foot over left
- 19&20 Step back on left foot $\frac{1}{4}$ turn right, step forward on right foot making $\frac{1}{2}$ turn right, step forward on left foot
- 21&22 Step right foot over left, step back on left foot, step right foot to right side making $\frac{1}{4}$ turn right
- 23&24 Step left foot over right, step back on right foot making $\frac{1}{4}$ turn left, step forward on left foot making $\frac{1}{2}$ turn left

ROCK & STEP FORWARD, ROCK & STEP BACK, SIDE ROCK & CROSS, SHUFFLE FULL TURN

- 25&26** Rock forward on right foot, recover onto left foot, step back on right foot
- 27&28** Rock back on left foot, recover onto right foot, step forward on left foot
- 29&30** Rock right foot out to right side, recover onto left foot, step right foot over left
- 31&32** Step back on left foot $\frac{1}{4}$ turn right, step forward on right foot making a $\frac{1}{2}$ turn right, step left foot to left side making $\frac{1}{4}$ turn right, completing full turn right

PART B

ROCK & STEP SIDE, ROCK & STEP SIDE, CROSS ROCK & STEP $\frac{1}{4}$ TURN, PIVOT $\frac{1}{2}$ TURN, STEP SIDE $\frac{1}{4}$ TURN

- 1&2** Rock back on right foot, recover onto left foot, step right foot to right side
- 3&4** Rock back on left foot, recover onto right foot, step left foot to left side
- 5&6** Rock right foot over left, recover onto left foot, step forward on right foot $\frac{1}{4}$ turn right
- 7&8** Step forward on left foot, pivot $\frac{1}{2}$ turn right, step left foot to left side making $\frac{1}{4}$ turn right
- 9-16** Repeat counts 1-8

SYNCOPATED WEAVE $\frac{1}{4}$ TURN, SYNCOPATED JAZZ BOX $\frac{1}{4}$ TURN, CROSSING SHUFFLE, SIDE ROCK

- 17&18** Step right foot behind left, step forward on left foot making a $\frac{1}{4}$ turn left, step forward on right foot
- 19&20** Step left foot over right, step back on right foot, step left foot to left side making a $\frac{1}{4}$ turn left
- 21&22** Step right foot over left, step left foot to left side, step right foot over left
- 23-24** Rock left foot out to left side, recover onto right foot

SAILOR $\frac{1}{2}$ TURN, SAILOR WITH HEEL, & CROSS ROCK, & KICK BALL CROSS

- 25&26** Step left foot behind right, step forward on right foot making $\frac{1}{4}$ turn right, step left foot to left side
- 27&28** Step right foot behind left, step left foot to left side, touch right heel forward
- &29-30** Step right foot home, rock left foot over right, recover onto right foot
- &31&32** Step left foot home, kick right foot forward, step right foot home, step left foot over right

STEP SIDE, ROCK & STEP, ROCK & STEP, CROSS ROCK & STEP $\frac{1}{4}$ TURN

- 33** Step right foot to right side

- 34&35** Rock back on left foot, recover onto right foot, step left foot to left side
- 36&37** Rock back on right foot, recover onto left foot, step right foot to right side
- 38&39** Rock left foot over right, recover onto right foot, step forward on left foot $\frac{1}{4}$ turn left
- 40&41** Step forward on right foot, pivot $\frac{1}{2}$ turn left, step right foot to right side
- 42-49** Repeat counts 34-41

SYNCOPATED WEAVE $\frac{1}{4}$ TURN, SYNCOPATED JAZZ BOX $\frac{1}{4}$ TURN, SIDE ROCK

- 50&51** Step left foot behind right, step forward on right foot making a $\frac{1}{4}$ turn right, step forward on left
- 52&53** Step right foot over left, step back on left foot, step right foot to right side making a $\frac{1}{4}$ turn right
- 54&55** Step left foot over right, step right foot to right side, step left foot over right
- 56-57** Rock right foot out to right side, recover onto left foot

SAILOR $\frac{1}{2}$ TURN, SAILOR WITH HEEL, VAUDEVILLE

- 58&59** Step right foot behind left, step forward on left foot making a $\frac{1}{4}$ turn left, step right foot to right side making a $\frac{1}{4}$ turn left
- 60&61** Step left foot behind right, step right foot to right side, touch left heel forward
- &62&63** Step left foot home, step right foot over left, step left foot to left side, touch right heel forward
- &64** Step right foot home, step left foot over right

PART C

STEP, ROCK & STEP, ROCK & STEP $\frac{1}{4}$ TURN, PIVOT $\frac{1}{2}$, STEP $\frac{1}{4}$, ROCK & STEP

- 1** Step right foot to right side
- 2&3** Rock back on left foot, recover onto right foot, step left foot to left side
- 4&5** Rock back on right foot, recover onto left foot, step forward on right foot making a $\frac{1}{4}$ turn right
- 6&7** Step forward on left foot, pivot $\frac{1}{2}$ turn right, step left foot to left side making a $\frac{1}{4}$ turn right
- 8&9** Rock back on right foot, recover onto left foot, step right foot to right side

ROCK & STEP $\frac{1}{4}$ TURN, PIVOT $\frac{1}{2}$ TURN, STEP $\frac{1}{4}$, ROCK & STEP, ROCK &

- 10&11** Rock back on left foot, recover onto right foot, step forward on left foot making a $\frac{1}{4}$ turn left

- 12&13** Step forward on right foot, pivot $\frac{1}{2}$ turn left, step right foot to right side making a $\frac{1}{4}$ turn left
- 14&15** Rock back on left foot, recover onto right foot, step left foot to left side
- 16&** Rock back on right foot, recover onto left foot

ENDING

To end at the front wall (12:00) you will do the last A to the end and instead of doing a shuffle full turn, just do a shuffle $\frac{1}{2}$ turn to face the front