

You're the One For Me

72 Count, 4 Wall, Improver

Choreographer: Birgit Kjerside (DK) February 2012

Choreographed to: You're The One

by Tracy Chapman

Intro: 16 counts

1 Side, Together, Forward, Hold, Rocking Chair

1 - 4 Step R to right side, Step L beside R, Step fwd. On R, Hold

5 - 8 Rock fwd on L, Recover R, Rock Back on L, Recover R

2 Side, Together, Forward, Hold, Rocking Chair,

1 - 4 Step L to left side, Step R beside L, Step fwd. On L, Hold

5 - 8 Rock fwd on R, Recover L, Rock Back on R, Recover L

3 Paddle ¼ Turn x 2, Cross Point, Cross Kick

1 - 4 Step fwd R, Paddle ¼ left (keeping weight on L),

5 - 8 Cross R over L, Point L to L side, Cross L over R, Kick R diagonally right

4 Behind, Side, Cross, Hold, Hips L x 2

1 - 4 Step R behind L, Step L to left side, Cross R over L, Hold

5 - 8 Touch L slightly to left with hips, Step down on L with hips

5 Vine right, Touch, Step diagonally fwd, Touch, Step diagonally back, Touch

1 - 4 Step R to right side, Step L behind R, Step R to right side

5 - 8 Step diagonally fwd on L, Touch R beside L, Step diagonally back on R, Touch L beside R

6 Vine right, Touch, Step diagonally back, Touch, Step diagonally fwd, Touch

1 - 4 Step L to left side, Step R behind L, Step L to left side

5 - 8 Step diagonally back on R, Touch L beside R, Step diagonally fwd on L, Touch R beside L

7 Step, Lock, Step, Brush Step, Lock, Step, Brush

1 - 4 Step fwd on R, Lock L behind R, Step fwd on R, Brush L

5 - 8 Step fwd on L, Lock R behind L, Step fwd on L, Brush R

8 Hip bumps, Run steps back R, L, R, Touch

1 - 4 Touch R foot slightly fwd, Push R hip fwd, back, fwd, back

5 - 8 Run back R, L, R, Touch L beside R

9 Sidestep, Touch, Sidestep, Touch, Step ½ Turn, Step, Touch

1 - 4 Step L to left side, Touch R beside L Step R to right side, Touch L beside R

5 - 8 Step fwd on L, Turn ½ right, Step fwd on L, Touch R beside L

Ending: After 16 counts on wall 6 : Touch R foot slightly fwd, Push R hip fwd, back, fwd, back, fwd

Enjoy the dance and the wonderful music
