

# You Are The One

Choreographed by Michelle Chandonnet & Marc Archambault

Description: 64 count, intermediate partner/circle dance

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



Start dancing on lyrics

**STEP, STEP TOGETHER, STEP, HOLD, STEP, STEP TOGETHER, STEP, HOLD**

1-4 Step right forward, step left beside right foot, step right back, hold

5-8 Step left back, step right beside left foot, step left forward, hold

**STEP, LOCK, STEP, BRUSH, STEP, LOCK, STEP, BRUSH**

1-4 Step right forward, step left behind right foot, step right forward, brush left

5-8 Step left forward, step right behind right foot, step left forward, brush right

**STEP, SLIDE, STEP CROSSED, HOLD, STEP, SLIDE, STEP CROSSED, HOLD**

1-4 Step right to side, slide left beside right foot, step right across in front of left foot, hold

5-8 Step left to side, slide right beside left foot, step left across in front of right foot, hold

**HEEL STRUT ¼ TURN, HEEL STRUT ¼ TURN, BACK TOE STRUTS**

1-2 Step right heel turning ¼ turn to right, drop right foot down

3-4 Step left heel turning ¼ turn to right, drop heel down

5-6 Touch right toe back, drop right heel

7-8 Touch left toe back, drop left heel down

**STEP, LOCK, STEP, HOLD, STEP, LOCK, STEP, LOCK, STEP, HOLD**

1-4 Step right back, slide left across in front of right foot, step right back, hold

5-8 Step left back, slide right across in front of left foot, step left back, hold

**POINT, HOLD, STEP, HOLD, HEEL, HOLD, STEP, HOLD**

1-4 Point right toe backward, hold, step right forward, hold

5-8 Touch left heel forward, hold, step right back, hold

**STEP, LOCK, STEP, HOLD, STEP ½ TURN, SLIDE, STEP, HOLD**

1-4 Step right back, slide left across in front of right foot, step right back, hold

5-8 Step left ½ turn to left, slide right beside left foot, step left forward, hold

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MAN: STEP, SLIDE, STEP, HOLD, STEP, SLIDE, STEP, HOLD

LADY: STEP ½ TURN, SLIDE, STEP, HOLD, STEP ½ TURN, SLIDE, STEP, HOLD

Release left hand

1-4 **MAN:** Step right forward, slide left beside right foot, step right forward, hold

**LADY:** Step right ½ turn to left, slide left beside right foot, step right back, hold

5-8 **MAN:** Step left forward, slide right beside left foot, step left forward, hold

**LADY:** Step left ½ turn to left, slide right beside left foot, step left forward, hold

REPEAT