



Approved by:

*Marie Sorensen*

# You Are The One

## 2 WALL – 32 COUNTS – ABSOLUTE BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b>	<b>Out, Out, In, In, Side, Touch (&amp; Clap), Side, Touch (&amp; Clap)</b>		
1 – 2	Step right forward and out. Step left forward and out.	Out Out	Forward
3 – 4	Step right to centre. Step left to centre.	In In	On the spot
5 – 6	Step right to right side. Touch left beside right and clap.	Side Touch	Right
7 – 8	Step left to left side. Touch right beside left and clap.	Side Touch	Left
<b>Section 2</b>	<b>Grapevine Right, Touch, Grapevine Left, Touch</b>		
1 – 2	Step right to right side. Cross left behind right.	Side Behind	Right
3 – 4	Step right to right side. Touch left beside right.	Side Touch	
5 – 6	Step left to left side. Cross right behind left.	Side Behind	Left
7 – 8	Step left to left side. Touch right beside left.	Side Touch	
<b>Section 3</b>	<b>Rocking Chair, Step, Scuff, Step, Scuff</b>		
1 – 2	Rock forward on right. Recover onto left.	Rock Forward	On the spot
3 – 4	Rock back on right. Recover onto left.	Rock Back	
5 – 6	Step right forward. Scuff left forward.	Step Scuff	Forward
7 – 8	Step left forward. Scuff right forward.	Step Scuff	
<b>Section 4</b>	<b>Paddle 1/4 Turn x 2, Walk Forward x 4</b>		
1 – 2	Step right forward. Make 1/4 turn left (weight on left).	Step Quarter	Turning left
3 – 4	Step right forward. Make 1/4 turn left (weight on left).	Step Quarter	
5 – 6	Walk forward right. Walk forward left.	Right Left	Forward
7 – 8	Walk forward right. Walk forward left.	Right Left	

**Choreographed by:** Marie Sorensen (Sunshine Cowgirl) (DK) March 2011

**Choreographed to:** 'You Are The One' by Carlene Carter (112 bpm) from CD The Platinum Collection; also available as download from amazon.co.uk or iTunes (8 count intro)



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)