

YOU ARE THE ONE

Music: CARLENE CARTER
<https://www.amazon.com/You-Are-The-One/dp/B003A9ENUQ>
Cd: I Fell In Love Track # 10 Time 2:39 Shortened 2.17,9 to 2.22,5
Slowed down w/ -10% tot Time 2:51 Available from Choreographer

Rhythm: Quickstep **Phase:** IV+1 (Dbl Reverse Spin)

Footwork: Opposite except where (Noted)

Release Date: July 24

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

Email: jos.dierickx@telenet.be

Sequence : INTRO AB A C B AB B(13-16) END



INTRO

01-04 LOP LOD LEAD FOOT FREE WAIT ONE MEASURE ; STEP TOGETHER & CLOSE ; SIDE TOUCHES L & R ; DIP BACK & RECOVER ;
{Wait} LOP LOD lead ft free wt 1 meas ; {Step Tog & Close} [SS] Fwd L, -, cl R (W bk R, -, cl L) to CP LOD, -;
{Sd Tch L & R} [Q&Q&] Sd L, tch R, sd R, tch L ; {Dip Bk & Rec} [SS] Sd & bk L, -, rec R, to CP LOD, -;

PART A

- 01-04 QUARTER TURNS AND PROGRESSIVE CHASSE & FORWARD to BJO ; ; ; ;**
{Quarter Trns & Prog Chasse & Fwd to BJO} [SS] Fwd L, -, fwd R comm RF trn, -; [QQS] Cont RF trn sd L, cont RF trn cl R fc RDW, sd & bk L, -; [SQQS] Bk R comm LF trn fc wall, -, sd L, cl R ; Sd & fwd L Bjo, -, fwd R to DLW, -;
- 05-08 RUNNING FWD LOCKS ; ; MANUVER SIDE CLOSE ; PIVOT TWO to LOD ;**
{Running Fwd Locks} [QQQQ] Fwd L, XRib (W XLif), fwd L, fwd R ; [QQS] Fwd L, XRib (W XLif), fwd L, -; {Manuver Sd Cl} [SQQ] Fwd R trng RF to Rlod, -, sd L, cl R ; {Pivot 2 to LOD} [SS] Bk L trng RF, -, cont trn on L pull R heel cl R to L to CP DLC (W fwd R trng RF, -, sd L, draw R to L) to CP LOD, -;
- 09-12 WALK & CHECK to BJO ; WHALETAIL ; ; WALK 2 ;**
{Walk & Check to BJO} [SS] Fwd L, -, fwd R to BJO chkg, -; {Whaletail} [QQQQ;QQQQ] XLib but not tightly, as body starts to trn RF take a sm stp to sd on R compg ¼ RF body trn, fwd L w/ lft shldr ld, XRib but not tightly ; Sd L start LF body trn, cl R compg ¼ body trn lft, XLib start RF body trn, sd R compg ¼ body trn rt to BJO ; {Walk 2} [SS] Fwd L, -, fwd R (W bl R, L) to CP LOD, -;
- 13-16 STEP HOP TWICE ; FWD LOCK FWD ; MANUVER SIDE CLOSE ; PIVOT TWO to LOD ;**
{Step Hop x 2} [S&S&] Fwd L, hop on L, fwd R, hop on R ; {Fwd Lock Fwd} [QQS] Fwd L, lk Rib (W lk Lif R), fwd L, -; {Manuver Sd Cl} Repeat meas 7 Part A ; {Pivot 2 to LOD} Repeat meas 8 Part A ;

PART B

- 01-04 VIENNESE TURNS to DLW ; ; TWO SIDE CLOSES ; SIDE & THRU ;**
{Viennese Trns to DLW} [SQQ;SQQ] Fwd L comm LF trn, -, cont trn sd R, Xlif ; Bk R cont LF trn, -, cont trn sd L, cl R fc LOD ; Fwd L cont LF trn, -, cont trn sd R, XLif ; Bk R cont LF trn, -, cont trn sd L, cl R fcg CP DLW ; {2 Sd CIs} [QQQQ] Sd L, cl R, sd L, cl R ; {Sd & Thru} [SS] Sd L, -, XRif (W XLif) to Loose CP LOD, -;
- 05-08 STROLLING VINE ; ; ; ;**
{Strolling Vine} [SS] Sd L w/ upper body trn RF to fc DRW, -, XRib w/ upper body trn LF to fcg Wall, -; [QQS] Sd L, cl R, sd L trng LF to fcg COH, -; [SS] Sd R w/ upper body trn LF to fc DRC, -, XLib w/ upper body trn RF to fcg COH, -; [QQS] Sd R, cl L, sd R trng RF to fcg DLW, -;
- 09-12 SLOW TWISTY VINE 4 to BJO ; ; WALK & MANUVER ; PIVOT 2 to LOD ;**
{Slow Twisty Vine 4 to BJO} [SS;SS] Sd & bk L, -, XRib to DRW, -; Trng slightly LF sd & fwd L, -, XRif to BJO DLW, -; {Walk & Manuver} [SS] Fwd L, -, fwd R trng ½ RF ifo W to CP RLOD, -; {Pivot 2 to LOD} Repeat meas 8 Part A ;
- 13-16 FORWARD 2 to BJO CHECKING ; FISHTAIL ; DOUBLE FORWARD LOCK ; DOUBLE REVERSE SPIN to LOD ;**
{Fwd 2 to BJO chkg} [SS] Fwd L to BJO, -, fwd R outsd ptr chkg, -; {Fishtail} [QQQQ] XLib (XRif), sd R, fwd L, XRib (W XLif) ; {Dbl Fwd Lock} [QQQQ] Fwd L, XRib (W XLif), fwd L, XRib (W XLif) ; {Dbl Reverse Spin to LOD} [SS/SQ&Q] Fwd L trn LF, -, fwd & sd R trn LF/spin LF on R, tch L to R (W bk R, -, trn LF on R heel transfer weight to L/fwd & sd R, trn LF XLif) to CP LOD ;

PART C

01-04 PROGRESSIVE SCISSORS SCAR & BJO CHECKING ; ; TWO OUTSIDE SWIVELS ; WALK & MANUVER ;

{Prog Scis SCAR} [QQS] Sd L, cls R, XLif (*XRib*) to SCAR DLW, -; {Prog Scis BJO chkg} [QQS] Sd R, cls L, XRif (*XLib*) chkg in BJO DLC, -; {2 Outsd Swvls} [Q&Q&] Bk L leavg R ft pntd fwd (*W to swiv RF to SCP LOD*), -, fwd R & tch L (*W to swiv LF to BJO*), -; {Walk & Manuver} [SS] Fwd L, -, fwd R trng ¼ RF to CP RLOD, -;

05-08 IMPETUS to SCP & THRU to FACE ; ; SLOW HOVER & PICKUP to LOD ; ;

{Impetus to SCP & Thru to Fc} [SS;SS] Bk L, drw R to L, trn RF on R heel, rise to ball of R ft (*W fwd R, -, fwd L trng RF, rise on L bring R to L*); Fwd L SCP DC, -, thru R swiv to fc ptr to CP WALL, -; {Slow Hover & Pickup to LOD} [SS;SS] Fwd L, -, fwd & sd R rise to ball of ft, -; Rec L to tight SCP LOD, -, Sm fwd R (*W bk R, -, bk & sd L rise to ball of ft, -; rec R swiv to SCP, -, fwd L swiv LF ifo M*) to CP LOD, -;

09-12 OP REVERSE TURN ; RUNNING BACK LOCKS ; ; OUTSIDE CHANGE to SCP ;

{OP Reverse Trn} [SQQ] Fwd L stg LF trn, -, sd R contg trn, bk L compg 3/8 LF trn (*W bk R stg LF trn, -, sd L cont trn, fwd R outsd ptr*) to BJO RLOD ; {Running Bk Locks} [QQQQ] Bk R, lk Lif (*W lk Rib*), bk R, bk L ; [QQS] Bk R, lk Lif (*W lk Rib*), bk R, -; {Outside Change to SCP} [SQQ] Bk L, -, bk R trn LF, sd & fwd L (*W fwd R, -, fwd L trn LF, sd & bk R*) to SCP DLW ;

13-16 MANUVER SIDE CLOSE ; SLOW SPINTURN & BACK LOCK ; ; BOX FINISH ;

{Manuver Sd Cl} Repeat meas 7 Part A ; {Spin Trn & Bk Lock} [SS;SQQ] Comm RF trn bk L pvtg ½ RF fc LOD, -, fwd R betwn W's ft cont trn, -; Rec sd & bk L fc DLW, -, bk R to BJO, lk Lif (*W lk Rib*) ; {Box Finish} [SQQ] Bk R trng ¼ LF to CP, -, sd L, cl R to CP DLC ;

ENDING

01-05 OP REVERSE TURN ; RUNNING BACK LOCKS ; ; OUTSIDE CHANGE to SCP ; THRU to CHAIR & HOLD ;

{OP Reverse Trn} Repeat meas 9 Part C ; {Running Bk Locks} Repeat meas 10,11 Part C ; ; {Outside Change to SCP} Repeat meas 12 Part C ; {Thru to Chair & Hold} [S] Thru R relax R knee both fwd poise, -, hold as music fades, -;