

YOU'RE THE ONE

Choreographer: Mike & Michelle Seurer 360 8th Street, Fond du Lac, WI 54935 (920)744-8162

Record: "You're the One", TNT 168

Dance: Two-Step

Speed: 45rpm

Phase: II

Released: Dec. 2010

Footwork: Opposite, except as noted

Sequence: INTRO AB AB AB ENDING

INTRODUCTION

1----4 WAIT 2 MEAS;; APT,-,PT,-; TOG,-, TCH, BFLY/WALL,-;

1-2 In OP/LOD wait 2 meas;;

3-4 Apt L,-, pt R,-; Tog R to BFLY/WALL,-, tch L to R,-;

PART A

1----4 FACE TO FACE; BACK TO BACK; BASKETBALL TURN;;

1-2 Sd L,cl R sd L trng ½ LF to bk to bk pos,-;Sd R, cl L,sd R trng RF to BFLY/WALL,-;

3-4 Lunge sd L, twd LOD,-,rec R trng RF (W LF) to LOP/ROD,-; Lunge sd L twd RLOD,-, rec R trng RF (W LF) to OP/LOD,-;

5----8 FWD HITCH 3, BACK TWO; BACK HITCH 3; WALK TWO ;

5-6 Fwd L, cl R, bk L,-; Bk R,-,L,-;

7-8 Bk R, cl L,fwd R,-; Fwd L,-,R to fc,-;

9----12 TRAVELING BOX;;;;

9-10 Sd L, cl R, fwd L blending to RSCP/ROD,-; fwd R,fwd L,-;

11-12 Sd R, cl L, bk R blending to SCP/LOD,-; Fwd L, fwd R,-;

13----16 CIRCLE AWAY & TOG;; LIMP 4; WALK TWO;

13-14 Circ twd COH (W twd WALL) Fwd L, cl R, fwd L trng to fc ptr & WALL,-;

Fwd R, cl L, fwd R to BFLY/WALL,-;

15-16 Sd L, Xrib of L, sd L, Xrib of L,-; Fwd L,-,R,-;

PART B

1---4 LACE ACROSS;; HITCH 6;;

1-2 Fwd L,cl R, fwd L(As W prog under ld hnds R,L,R) to LOP,-; Fwd R,cl L,fwd R,-;

3-4 Fwd L, cl R, bk L,-; Bk R, cl L, fwd R,-;

5----8 LACE BACK;; HITCH 4; WALK AND FACE;

5-6 Change hnds Fwd twd LOD Fwd L, cl R, fwd L(As W prog undr trng hnds (R,L,R) to OP/LOD,-; Fwd R, cl L, fwd R,-;

7-8 Fwd L, cl R, bk L, cl R,-; Fwd L,-, Fwd R trng RF to fc ptr and WALL,-;

9----12 BROKEN BOX;;;;

9-10 Sd L, cl R, fwd L,-; Rk fwd on R ,rec L,-;

11-12 Sd R, cl L, bk R,-; Rk bk on L, rec R,-;

13----16 FWD HITCH 3; SCIS THRU; VINE 4; WALK TWO;

13-14 Fwd L, cl R, bk L,-; Sd L, cl R, Xrif of L to BFLY/WALL,-;

15-16 Sd L,XRib of L, sd L,XRif of L,-; Fwd L,-,R,-;

ENDING

1----4 BOX;; TWIRL VINE 2; APT PT;

1-2 Sd L, cl R, fwd L,-; sd R, cl L, bk R,-;

3-4 Sd L, XRib(W twrls RF undr jnd ld hnds R,L,-); Apt L,-, Pt R twd ptr & WALL,-;