

# YOU'RE THE ONE

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MUSIC: YOU'RE THE ONE - DWIGHT YOAKAM (Album: If There Was A Way) Available on itunes.

FOOTWORK: OPPOSITE. Directions for man unless otherwise indicated

ROUNDALAB PHASE: II

RHYTHM: WALTZ

SEQUENCE: INTRO A B A INTER1 B A INTER2 A END

## INTRO (OP FCG)

(1-4) **2 MEAS WAIT;; APART POINT; TOG W PICK-UP CP/LOD;**

In OP FCG Wt 2 Meas Step apt L, pt R, -; Tog R Trng to CP/LOD, sd L, cl R (W fwd L turning LF to CP/LOD, sd R, cl L);

(5-8) **L TURNING BOX TO SCAR;;;;**

Fwd L Trng 1/4 LF, Sd R, Cl L; Bk R Trng 1/4 LF, Sd L, Cl R; Fwd L Trng 1/4 LF Sd R, Cl L; Bk R Trng 1/4 LF to Wall, Sd L, Cl R to SCAR DLW;

## A (SCAR-DLW)

(1-4) **3 PROG TWKLS TO BJO;;; FWD & TCH;**

xLif (W xRib), Fwd & Sd R Trng LF, Cl L to BJO DLC; xRif (W xLib), Fwd & Sd L Trng RF, Cl R to SCAR DLW; xLif (W xRib), Fwd & Sd R Trng LF, Cl L to BJO DLC; Fwd R in BJO, Tch L;

(5-8) **3 BK TWKLS TO LOD;;; DIP BCK & HOLD;**

xLib (W xRif), Bk & Sd R Trng RF, Cl L to SCAR DLW; xRib (W xLif), Bk & Sd L Trng LF, Cl R to BJO DLC; xLib (W xRif), Bk & Sd R Trng RF, Cl L to CP LOD; Bk R, Hold, Hold;

(9-12) **FWD WLZ; MANUV; 2 R TRNS TO CP LOD;**

Fwd L, Fwd R, Fwd L; Fwd R Trng RF, Sd L Trng RF to RLOD, Cl R; Bk L Trng 1/8 RF, Sd R Trng 1/8 RF to COH, Cl L; Fwd R Trng 1/8 RF, Sd L Trng 1/8 RF to LOD, Cl R;

(13-16) **2 FWD WLZS;; 2 L TRNS TO BFLY WALL;;**

Fwd L, Fwd R, Fwd L; Fwd R, Fwd L, Fwd R; Fwd L Trng 1/4 LF, Sd R Trng 1/4 LF to fc RLOD, Cl L, Bk R Trng 1/4 LF, Sd L Trng 1/8 LF to fc Wall, Cl R to BFLY;

## B (BFLY)

(1-4) **BFLY BOX;; REV BOX;;**

Fwd L, Sd R, Cl L; Bk R, Sd L, Cl R; Bk L, Sd R, Cl L; Fwd R, Sd L, Cl R;

(5-8) **BAL L & R;; SOLO TRN 6 TO BFLY;;**

Sd L, xRib, Sip L; Sd R xLib, Sip R; Sd & Fwd L Trng LF (W Sd & Fwd R Trng RF), Sd & Bk R Contg trn, Cl L jn ld hnds to fc RLOD in LOP; Bk R Contg trn, Sd L Contg trn to fc ptr, Cl R to BFLY;

(9-12) **WLZ AWY & TOG;; TWL VIN; PU TO CP LOD;**

Sd & Fwd L Trng LF (W Sd & Fwd R Trng RF), Sd R, Cl L; Fwd & Sd R Trng RF (W Fwd & Sd L Trng LF), Sd L Contg trn to fc ptr & Wall, Cl R; Sd L (W Sd & Fwd R Comm RF trn undr jnd ld hnds), xRib (W Sd & Bk L Contg trn), Sd L (W Sd & Fwd R Contg trn) to fc ptr; Fwd R to LOD (W Fwd L Trng LF in frt of M), Sd L, Cl R to CP LOD;

(13-16) **L TURNING BOX TO SCAR;;;;**

Fwd L Trng 1/4 LF, Sd R, Cl L; Bk R Trng 1/4 LF, Sd L, Cl R; Fwd L Trng 1/4 LF Sd R, Cl L; Bk R Trng 1/4 LF to Wall, Sd L, Cl R to SCAR DLW;

## REPEAT A

## ***YOU'RE THE ONE continued***

### **INTERLUDE 1 (BFLY)**

#### **(1-4) TWISTY BAL L & R;; TWL VIN; THRU FC CL;**

Sd L, xRib (W xLif), SIP L; Sd R xLib (W xRif), SIP R; Sd L (W Sd & Fwd R Comm RF trn undr jnd ld hnds), xRib (W Sd & Bk L Contg trn), Sd L (W Sd & Fwd R Contg trn) to fc ptr; xRif (W xLif) trng twds ptr, Sd L to fc ptr, CI R to BFLY Wall;

#### **(5-8) LACE UP TO BFLY;;;**

Leading Lady to Xif fwd L, fwd R, cl L LOP fcg LOD; Fwd R, fwd L, cl R;

Leading Lady to Xif fwd L, fwd R, cl L OPEN LOD; Fwd R, fwd & sd L, cl R BFLY WALL;

### **REPEAT B**

### **REPEAT A**

### **INTERLUDE 2 (BFLY)**

#### **(1-4) BFLY BOX;; REV BOX;;**

Fwd L, Sd R, CI L; Bk R, Sd L, CI R; Bk L, Sd R, CI L; Fwd R, Sd L, CI R;

#### **(5-8) BAL L & R;; TWL VIN; PU TO SCAR DLW;**

Sd L, xRib, SIP L; Sd R xLib, Sip R; Sd L (W Sd & Fwd R Comm RF Trng undr jnd ld hnds), xRib (W Sd & Bk L Contg trn), Sd L (W Sd & Fwd R Contg trn) to fc ptr to SCP; Fwd R (W Fwd L Trng LF to SCAR), Sd L, CI R to SCAR DLW;

### **ENDING (BFLY)**

#### **(1-2) TWL VIN; THRU APT PT;**

Sd L (W Sd & Fwd R Comm RF Trng undr jnd ld hnds), xRib (W Sd & Bk L Contg trn), Sd L (W Sd & Fwd R Contg trn) to fc ptr; Thru R LOD (W Thru L) Trng twds ptr, Apt L to LOP-FCG, Pt R twd ptr,-;

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