



# Step-In-Time Line Dancing

HEREFORDSHIRE

Dance: **You Are The One**  
Type: 32 Count, 2 Wall, Absolute Beginner  
Choreographer: Marie Sorenson (Sunshine Cowgirl) (DK), March 2011  
Choreographed to: You Are The One by Carlene Carter (104 bpm, 2:37 min)

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Intro: Start after count 8

**Section 1 V-Step, Side Touch x 2**

1,2	Step right forward on diagonal (1:30). Step left forward on diagonal (10:30)	Step out, out
3,4	Step right back on diagonal (7:30). Step left beside right	In, close
5,6	Step right to right side. Touch left beside right	Side, touch
7,8	Step left to left side. Touch right beside left	Side, touch

**Section 2 Vine Right Touch, Vine Left Touch**

1,2	Step right to right side. Cross left behind right	Side, behind
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
7,8	Step left to left side. Touch right beside left	Side, touch

**Section 3 Rocking Chair, (Step, Scuff) x 2**

1,2	Rock forward on right. Recover on left	Rocking chair
3,4	Rock back on right. Recover on left	
5,6	Step right forward. Scuff left	Step, scuff
7,8	Step left forward. Scuff right	Step, scuff

**Section 4 Paddle 1/4 x 2, Walk x 4**

1,2	Touch right forward. Paddle 1/4 turn left (9:00)	Paddle
3,4	Touch right forward. Paddle 1/4 turn left (6:00)	Paddle
5-8	Walk forward stepping right, left, right, left	Walk, walk, walk, walk

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