



# YOU RUIN ME



**Choreographers:** Alison Johnstone (Nuline Dance) & Travis Taylor

**Contact:** [alisonjo@nulinedance.com](mailto:alisonjo@nulinedance.com) Ph +61 404 445 076 [footloose\\_69\\_travio@hotmail.com](mailto:footloose_69_travio@hotmail.com) Ph +68 435 810 914

**Music:** You Ruin Me – The Veronicas :Available from I Tunes

**Level:** Intermediate - 4 Wall Dance

**Counts:** 32

**Restart:** 4 Restarts see below, Walls 1, 2, 5, 6 Easily heard in the music - 1<sup>st</sup> twice you dance to the 12 O'clock and 3 O'clock walls – I.E. Your restarts are facing walls 3 and 6 on both occasions (Restart Walls 1 and 5 facing 3.00, Restarts 2 and 5 facing 6.00)

**Start:** Starts 8 counts into music

## STEP DRAG, STEP DRAG, BALL STEP, PIVOT 1/4 CROSS (9.00)

1-2 Long Step R fwd dragging L towards R over 2 Counts

3-4 Long Step L fwd dragging R towards L over 2 Counts

&5 (Ball Step) Step R ball next to L, Step L fwd

6-7-8 Step R fwd, 1/4 L Pivot weight on L, Cross R over L

## STEP DRAG, BEHIND, SIDE, CROSS ROCK, RECOVER, BALL, CROSS, SIDE

1-2 Long Step L Side dragging R towards L over 2 counts

3-4 Step R behind L, Step L Side

5-6 Cross Rock R over L, Recover L

&7-8 (Ball Step) Step R ball next to L, Cross L over R, Step R to side

## STEP BACK SWEEP, STEP BACK SWEEP, BEHIND SIDE CROSS, 1/4, 1/2 (12.00)

1-2 Step back on L Sweeping R front to back over 2 Counts

3-4 Step Back on R Sweeping L front to back over 2 Counts

5&6 Step L behind R, Step R to R side, Cross L over R

7-8 1/4 L Step R back, 1/2 L Step L fwd

## 1/4 LUNGE STEP/HOLD, 1/2 TURN/HOLD, BALL STEP, CROSS, SIDE, TOUCH BEHOND, 1/2 UNWIND (9.00)

1-2 1/4 L Lunge/Step R to R side, Hold for count 2 (prep upper body for turn over R shoulder (prep body overturn L) (9.00)

3-4 Replace weight on L whilst making 1/2 R while dragging your R together over 2 counts (weights still on L) (3.00)

**\*\* Restart here Walls 1, 2, 5, 6 Easily heard in the music - 1<sup>st</sup> twice you dance to the 12 O'clock and 3 O'clock walls – I.E. Your restarts are facing walls 3 and 6 on both occasions (Restart Walls 1 and 5 facing 3.00, Restarts 2 and 5 facing 6.00)\*\***

&5-6 Step R ball next to L, Cross L over R, Step R to R side

7-8 Touch L behind R, 1/2 Unwind weight on L (9.00)

**\*\*\*Ending: Dance to end of wall 10 and replace the final Cross Unwind 1/2 with a Cross Unwind 3/4 to Face Front Long Step Forward Right....tada \*\*\***

**\*\*\* Wall 9 is the only time you will ever start this dance facing 9 O'clock)\*\*\***

START AGAIN ☺

This is a fantastic track. The restarts are easy to hear with the music and to execute  
We hope you enjoy our dance

