

# YOU RUIN ME

SONG: YOU RUIN ME  
ARTIST: THE VERONICAS  
ALBUM: SINGLE (ITUNES)  
CHOREOGRAPHER: MICHAEL VERA-LOBOS OCT 2014, SYDNEY AUSTRALIA  
ORIGINAL POSITION: FEET SLIGHTLY APART WEIGHT ON LEFT  
8 COUNT INTRO – START ON VOCALS

BEATS:	STEPS:	TWO WALL UPPER INTERMEDIATE DANCE	0:00
1 – 8	<b>STEP SIDE, CROSS BEHIND &amp; ¼ R, STEP SIDE, ½ HINGE R, CROSS ROCK &amp; REPLACE, STEP SIDE, CROSS &amp; ¼ R, ½ R</b>		
1,2&3,4 5&6,7&8	Step Side R, Cross L behind R & Turn ¼ R on R, Step Side L, Hinge ½ R Ending R to R (9:00) Cross Rock L over R & Replace wt on R, Step L to L, Cross R over L & Turn ¼ R on L, Turn A further ½ R on R		
9 – 16	<b>ROCK FWD, REPLACE, BALL STEP, ½ PIVOT L, ROCK BACK, REPLACE &amp; ½ R, ¼ R, CROSS</b>		
1,2&3,4 5,6&7,8	Rock fwd on L, Rock back on R & Stepping L beside R, Step fwd on R, ½ Pivot L Dropping Wt onto R (12:00) Rock back on L, Rock fwd R & Turn ½ R Stepping back onto L, Turn a further ¼ R stepping R to R, Cross L over R (9:00)		
&17 – 24	<b>STEP / SWEEP, BEHIND &amp; SIDE, CROSS, STEP SIDE, ½ HINGE R, DRAG, BALL CROSS, ¼ R</b>		
&1,2&3,4 5,6&7,8	Stepping R Cross L behind R Sweeping R to R, Cross R behind L & Step L to L, Cross R over L, Step L to L Hinge ½ R Ending R to R, Drag L towards R (3:00) & Stepping L to L Cross R over L, Turn ¼ R Stepping back on L (6:00)		
25 – 28	<b>ROCK BACK, REPLACE, ¾ TRIPLE FWD R</b>		
1,2,3&4	Rock back on R, Rock fwd on L, Travelling fwd Turn ¾ R Stepping R,L,R (3:00)		
29 – 36	<b>WALK, MAMBO ½ R, ¼ R, ROCK BEHIND, REPLACE &amp; STEP SIDE, TOUCH BEHIND, ¾ L</b>		
1,2&3,4 5,6&7,8	Walk fwd L, Rock fwd R & Replace wt on L & Turn ½ R on R (9:00), Turn a further ¼ R on R (12:00) Rock R behind L, Replace wt on L & Step R to R (12:00), Touch L behind R, Unwind ¾ L (3:00) (Wt L)		
37 – 44	<b>CROSS ROCK, REPLACE &amp; CROSS ROCK, REPLACE &amp; STEP BESIDE, STEP FWD, ½ R, ½ SHUFFLE R</b>		
1,2&3,4& 5,6,7&8	Cross Rock R over L, Rock back on L & Step R to R, Cross Rock L over R, Rock back on R, & Step L to L Step fwd R, Turning ½ R Step back on L, Turning a further ½ R Shuffle on R Stepping R,L,R (3:00)		
45 – 52	<b>ROCK FWD, REPLACE, LOCK SHUFFLE BACK, ¼ R SIDE ROCK, REPLACE, ½ HINGE R SIDE ROCK, REPLACE</b>		
1,2,3&4 5,6,7,8	Rock fwd L, Replace, Lock Shuffle back on L Stepping L,R,L (3:00) Turning ¼ R Side Rock R to R, Replace wt on L (6:00), Hinging ½ R Rock R to R, Replace wt on L (12:00)		
53 – 56	<b>R SAILOR , CROSS BEHIND , ¼ R</b>		
1&2,3,4	Cross R behind L & Rock L to L, Replace Wt on R, Cross L behind R, Turn ¼ R on R		
57 – 64	<b>STEP FWD, 5/8 SWEEP L, CROSS &amp; SIDE, STEP BEHIND, 3/8 L ROCK FWD, REPLACE, ½ L, 3/8 L STEP SIDE</b>		
1,2,3&4 5,6,7,8	Step fwd L, Turn 5/8 L Sweeping R to R side (11:00), Travel L Side - Cross R over L & Step L to L, Cross R behind L Turning 3/8 L Rock fwd L, Rock back on R(7:00), Turn ½ L on L (1:00), Turn a further 3/8 L Ending with R to R side Dragging L towards R (12:00)		
65 – 72	<b>L SAILOR DRAG, CROSS BEHIND, ¼ L, ROCK FWD, REPLACE, 1 ½ TRIPLE BACK R</b>		
1&2,3,4 5,6,7&8	Cross L behind R & Rock R to R, Replace Wt on L, Cross R behind L, Turn ¼ L on L (9:00) Rock fwd R, Rock back on L, Turning back over R Triple Spin 1 ½ R Stepping R,L,R (3:00)		
73 – 80	<b>ROCK FWD, REPLACE, L COASTER CROSS ROCK, STEP BACK SWEEP, STEP BACK SWEEP, ROCK BACK, REPLACE</b>		
1,2,3&4 5,6 7,8	Rock fwd L, Rock back on R, Step back on L & Step R beside L, Cross Rock L over R (3:00) Step back on R Sweeping L to L, Step back on L Sweeping R to R (3:00) Rock back on R, Rock fwd on L (3:00)		
81 – 88	<b>STEP FWD R, ½ PIVOT L, STEP FWD R, ¼ PIVOT L, R SAILOR DRAG, CROSS BEHIND, ¼ R</b>		
1,2,3,4 5&6,7,8	Step fwd R, Pivot ½ L, Step fwd R, Pivot ¼ L (6:00) Cross R behind L & Rock L to L, Replace Wt on R, Cross L behind R, Turn ¼ R on R (9:00)		
89 – 96	<b>STEP FWD, 5/8 SWEEP L, CROSS &amp; SIDE, STEP BEHIND, 3/8 L ROCK FWD, REPLACE, ½ L, 3/8 L STEP SIDE</b>		
1,2,3&4 5,6,7,8	Step fwd L, Turn 5/8 L Sweeping R to R side (5:00), Travel L Side - Cross R over L & Step L to L, Cross R behind L Turning 3/8 L Rock fwd L, Rock back on R(1:00), Turn ½ L on L (7:00), Turn a further 3/8 L Ending with R to R side Dragging L towards R (6:00)		
97 – 104	<b>L SAILOR DRAG, CROSS BEHIND, ¼ L, ROCK FWD, REPLACE, 1 ½ TRIPLE BACK R</b>		

1&2,3,4 Cross L behind R & Rock R to R, Replace Wt on L, Cross R behind L, Turn ¼ L on L (3:00)  
5,6,7&8 Rock fwd R, Rock back on L, Turning back over R Triple Spin 1 ½ R Stepping R,L,R (9:00)

**105 – 112 ROCK FWD, REPLACE, L COASTER CROSS ROCK, STEP BACK SWEEP, STEP BACK SWEEP, ROCK BACK, REPLACE**

1,2,3&4 Rock fwd L, Rock back on R, Step back on L & Step R beside L, Cross Rock L over R (9:00)  
5,6 Step back on R Sweeping L to L, Step back on L Sweeping R to R (9:00)  
7,8 Rock back on R, Rock fwd on L (9:00)

**113 – 120 STEP FWD R, ½ PIVOT L, STEP FWD R, ¼ PIVOT L, R SAILOR DRAG, CROSS BEHIND & ¼ R, ¼ R**

1,2,3,4 Step fwd R, Pivot ½ L, Step fwd R, Pivot ¼ L (12:00)  
5&6,7&8 Cross R behind L & Rock L to L, Replace Wt on R, Cross L behind R & Turn ¼ R on R, Turn a further ¼ R on L ( End L to L side )  
(6:00)

**TAG & RESTART: Occurs on Wall 3 – Dance to Count 28 then ADD the Following 4 Counts**

1,2,3,4 Side Step L to L , Drag R towards L, Side Step R to R, Drag L towards R (3:00)  
Then Continue Dance from Count 57

**FINISH: Dance first 3 Then Turning a further ¼ R Step R to R dragging L towards**

*Choreographers Note:*

**This dance looks long but the Steps are easy.... Take your time with it and I hope you enjoy**

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