

My Only Reason

Count: 32

Wall: 2

Level: Improver

Choreographer: José María Tomé (ES) - November 2023

Music: You Are the Reason (Duet Version) - Calum Scott & Leona Lewis



Dance starts after 4 counts on the word "heart". One TAG + RESTART and ENDING

(1-8) BACK, SWEEP BEHIND, SIDE, CROSS, SIDE ROCK, CROSS, BACK, ¼ R SIDE, CROSS, SIDE

- 1 (1) RF Step back & start sweeping LF toe from front to back
- 2 & 3 (2) LF Step behind RF, (&) RF small step to R side, (2) LF Cross over RF
- 4 - 5 (4) RF side rock, (5) Recover weight on LF
- 6 & 7 (6) RF Cross over LF, (&) LF Step back, (7) ¼ R and RF step to R side, facing [3:00]
- 8 & (8) LF Cross over RF, (&) RF Step to R side

(9-16) BACK, SWEEP BEHIND, ¼ L FWD, FWD, L/R/L FWD & HITCH, BACK, ¼ R SIDE, CROSS, SIDE POINT, TOUCH

- 1 (1) LF Step back & start sweeping RF toe from front to back
- 2 & 3 (2) RF Step behind LF, (&) ¼ L & LF step fwd. facing [12:00], (3) RF Step fwd.
- 4 & 5 (4) LF Step fwd., (&) RF small Step fwd., (5) LF Step fwd. & RF knee hitch, (*) TAG on 5th wall facing [12:00]
- 6 & 7 (6) RF toe to back, (&) ¼ to R & RF heel to ground facing [3:00], (7) LF Cross over RF
- 8 & (8) RF Point to R side, (&) RF Touch beside LF

(17-24) SIDE, BEHIND, ¼ R FWD, FWD, ½ R TURN, ¼ R SIDE, BEHIND, SIDE, CROSS, POINT, BEHIND, ¼ R FWD

- 1 (1) RF long Step to R side & slide LF to R
- 2 & 3 & 4 (2) LF Step behind RF, (&) ¼ R & RF fwd, (3) LF Step fwd., (&) ½ R Turn, (4) ¼ R & LF Step to L side, facing [3:00]
- 5 & 6 (5) RF Step behind LF, (&) LF Step to L side, (6) RF Cross over LF
- 7 (7) LF Point to L side
- 8 & (8) LF Step behind RF, (&) ¼ R & RF Step fwd. facing [6:00], (**) ENDING

(25-32) L/R BASIC NIGHTCLUB STEPS, SIDE & SWAY, R/L SWAYS, R/L BACK

- 1 - 2 & (1) LF Long step to L side, (2) RF Step behind close to LF, (&) LF small Step cross over RF
- 3 - 4 & (3) RF Long step to R side, (4) LF Step behind close to RF, (&) RF small Step cross over LF
- 5 (5) LF Step to L side & Sway to left
- 6 - 7 (6) Sway to right, (7) Sway to left
- 8 & (8) RF Step back, (&) LF small Step back beside RF

AND... START AGAIN!

(*) TAG on the 5th wall facing [12:00], and restart the choreo :

BACK, SIDE, R/L BACK

- 6 - 7 (6) RF Step back, (7) LF Step to L side
- 8 & (8) RF Step back, (&) LF small Step back beside RF

() ENDING: on the 6th wall, we dance till the end of 3rd eight, and: Cross LF over RF and Turn ½ to right, facing [12:00]**

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