

# One Reason

拍数: 48                      墙数: 4                      级数: High Beginner WCS  
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音乐: One Good Reason by Tracy Chapman



Intro: Start on vocal

## S1: Walk x 2 - Anchor step – Step bag x 2 – Cross step – Step bag

1 – 2                      Walk forward on right foot, Walk forward on left foot  
3 & 4                      Cross right foot behind left, Step left foot on place, Step right foot slightly back  
5 – 6                      Step left foot bag, step right foot bag,  
7 & 8                      cross left foot over right, step right foot bag and left foot beside right.

## S2: Side Point switches - Heel dig switches – Hip bums ¼ turn

1& 2&                      Point right toe to right, right foot beside left. Point left toe to left, left foot beside right.  
3& 4&                      Dig right heel in front, right foot beside left. Dig left heel in front, right foot beside right.  
5 – 6                      Touch right toe forward, push hip up and make ¼ turn to left, taking weight on right  
7 – 8                      Touch left toe forward, push hip up and taking weight on left

## S3: Extended vine right – Bag rock – Chasse left

1 - 2&                      Step right foot to the right side, cross left foot behind right, step right foot to right side  
3 – 4                      cross left foot over right and step right foot to right side.  
5 – 6                      Rock back on left, recover on right  
7 & 8                      step left foot to left side, step right foot beside left, step left foot to left side.

## S4: Hip bums ¼ turn – Rock – Coaster step

1 – 2                      Touch right toe forward, push hip up and make ¼ turn to left, taking weight on right  
3 – 4                      Touch left toe forward, push hip up and taking weight on left  
5 – 6                      Rock forward on right foot and recover on left foot.  
7 & 8                      Step right foot back, Step left foot next to right, Step right foot forward

## S5: Rock forward – Logstep bag – Bag rock – Logstep forward

1 – 2                      Rock forward on left foot, recover on right foot  
3 & 4                      step back on left foot, cross right over left foot and step bag on left foot  
5 - 6                      Rock back on right foot, recover on left foot  
7 & 8                      Step forward on right foot, log left foot behind right and step forward on right foot

## S6: Step ½ turn – Step ¼ turn – Step forward – Bounce x 2

1 – 2                      Step forward on left, make a ½ turn on ball  
3 – 4                      Step forward on left and make a ¼ turn on ball  
5 – 6                      Step forward on left foot, close right foot beside left  
7 – 8                      Bounce both heels twice ending with weight on left

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