

One Reason

拍数: 48 墙数: 4 级数: High Beginner WCS
编舞者: Agnethe Hansen (DK) - March 2016
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

Contact ~ Mail: agnethe58hansen@hotmail.com - Website: agnethe58hansen.dk