

Just A Reason

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Just Give Me a Reason - P!nk



Note: Start after 16 Counts Intro

[1-9] Step Side, Behind Side Cross, Side Rock, Behind Turn Step (1/4 Left), Rock Step

1 Step right to right side
2&3 Step left behind right, step right to right side, step left across right
4-5 Step right to right side, recover onto left
6&7 Step right behind left, make a 1/4 turn left and step left forward, step right forward
8-1 Step left forward, recover onto right

[10-17] 1 1/2 Triple Full Turn Left, Walks Forward, Mambo Step, 1/2 Turn Left, Step Forward

2&3 Make a 1/2 turn left and step left forward, make a 1/2 turn left and step right back, make a 1/2 turn left and step left forward

Option: You can change the 1 1/2 Triple Full Turn into a 1/2 Shuffle Turn Left

(2&3) (Make a 1/4 turn left and step left to left side, step right together, make a 1/4 turn left and step left forward)

4-5 Step right forward, step left forward
6&7 Step right forward, recover onto left, step right back
8-1 Make a 1/2 turn left and step forward on left, step right forward

[18-25] Mambo Step, Sweep Behind, 1/4 Left, 1/2 Step Turn Left, 1/4 Turn Left, Rock Step

2&3 Step left forward, recover onto right, step left back
4-5 Sweep right out and step right behind left, make a 1/4 turn left and step left forward
6&7 Step right forward, make a 1/2 left and recover weight onto left, make a 1/4 turn left and step right to right side
8-1 Recover weight onto left, recover weight onto right and sweep left out from front to back

[26-32] 1/4 Sailor Turn Left, 1/2 Step Turn Left, 1/2 Triple Turn Left, 1/4 Turn Left

2&3 Make a 1/4 turn left and step left behind right, step right to right side, step left slightly forward
4-5 Step right forward, make a 1/2 turn left and recover weight onto left
6&7 Make a 1/4 turn left and step right to right side, step left across right, make a 1/4 turn left and step right back
8 Make a 1/4 turn left and step left to left side

... start again

TAG 1: After the 3rd wall add the following counts then restart

1-2 Recover weight onto right, recover weight onto left
3-4 Recover weight onto right, recover weight onto left

TAG 2: After the 5th wall add the following counts then restart

1 Step right to right side
2&3 Step left behind right, step right to right side, step left across right
4-5 Step right to right side, recover onto left
6&7 Step right behind left, step left to left side, step right across left
8 Step left to left side

TAG 3: After the 7th wall add the following counts then restart

1-2 Recover weight onto right, recover weight onto left

- 3-4 Recover weight onto right, recover weight onto left
- 5-6 Step right out to right diagonal, step left out to left diagonal
- 7-8 Step right back to the center, step left together

Note: Arm movements for counts 5-8

- 5-6 Bring your arms out forward right, left
 - 7-8 Bring your arms across together your upper body like hug someone ☐
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