

Reason to Live

COPPER KNOB
STEPMATS

拍数: 96 墙数: 2
编舞者: Darren Bailey (UK) - April 2024
音乐: Reason to Live - Citizen Soldier



Intro: 24 Counts or Listen for the 8 piano keys

L Twinkle, Step Sweep

1-2-3 Cross LF over RF, Step RF to R diagonal, Step LF to L diagonal
4-5-6 Cross RF over LF, Sweep LF from back to front over 2 counts

Cross, 1/4 L, 1/4 L, Pause and Rotate

1-2-3 Cross LF over RF, Make a 1/4 turn L and step back on RF, Make a 1/4 turn L and step LF to L side (now facing 6:00)
4-5-6 Rotate upper body to L over 3 counts (keep legs facing 6:00)

Travelling full turn R, Cross, Side, Back with 1/4 L

1-2-3 Make a 1/4 turn R and step forward on RF, Make a 1/2 turn R and step back on LF, Make a 1/4 turn R and step RF to R side (now facing 6:00)
4-5-6 Cross LF over RF, Step RF to R side, Make a 1/4 turn L and step back on LF (3:00)

Close ,Hold x2, Step, Sweep

1-2-3 Close RF next to LF, Hold x2
4-5-6 Step forward on LF, Sweep RF from back to front over 2 counts

Weave to L, 1/4 L, High Sweep Making 1/2 turn L

1-2-3 Cross RF over LF, Step LF to L side, Cross RF behind LF
4-5-6 Make a 1/4 turn L and step forward on LF, Make a 1/2 turn L whilst sweeping RF around in the air (now facing 6:00)

Cross Rock, Recover, Side, Full Turn Spiral R, Step R

1-2-3 Cross rock RF over LF, Recover onto LF, Step RF to R side
4-5-6 Cross LF over RF, Unwind a full turn over R shoulder, Step RF to R side

Cross Rock, Recover, Side, Cross Rock, Recover, Side

1-2-3 Cross rock LF over RF, Recover onto RF, Step LF to L side
4-5-6 Cross rock, RF over LF, Recover onto LF, Step RF to R side

Cross Rock, Recover, Side, Full turn Spiral L

1-2-3 Cross rock LF over RF, Recover onto RF, Step LF to L side
4-5-6 Cross RF over LF, Unwind a full turn over L shoulder, Keep weight on RF

1/2 Diamond turning L, with Coaster step

1-2-3 Step LF to L diagonal, make a 1/4 turn L and step RF to R side, Make a 1/8 turn L and step back on LF
4-5-6 Step back on RF, Close RF next to LF making a 1/8 turn L, Step forward on RF (now facing 12:00)

Step, Hold x2 (with lower and arms), 1/2 turn R with Rise

1-2-3 Step forward on LF (lowering through knees) place hands in front of face and pull hands apart over 3 counts
4-5-6 Make a 1/2 turn R over 3 counts straightening knees and transferring weight onto RF (now facing 6:00)

Cross, Point, Hold, Modified Full Turn Monterray.

- 1-2-3 Cross LF over RF, Point RF to R side, Hold
4-5-6 Make a 1/2 turn R closing RF next to LF, Make a 1/2 turn R and rock LF to L side, Recover onto RF (now facing 6:00)

Cross, Side, 1/4 L, Cross, Sweep

- 1-2-3 Cross LF over RF, Make a 1/4 turn L and step back on RF, Step LF to L side
4-5-6 Make a 1/8 turn L and step forward on RF, Sweep LF from back to front over 2 counts (now facing 1:30)

Slow walks x 2

- 1-2-3 Step forward on LF, Slowly drag RF towards LF over 2 counts
4-5-6 Step forward on RF, Slowly drag LF towards RF over 2 counts

Ballet Waltz Step with 1/4 R

- 1-2-3 Make a 1/4 turn R and step LF to L side, Rock back slightly on RF, Recover onto LF (now facing 4:30)
4-5-6 Step RF to R side, Rock back slightly on LF, Recover onto RF

1/4 Turn L , 1/4 L with Point, Touch, 1/4 Turn R, 1/4 R with Point, Touch

- 1-2-3 Make a 1/4 turn L and step forward on LF, Make a 1/4 turn L and point RF to R side, Touch RF next to LF (now facing 10:30)
4-5-6 Make a 1/4 turn R and step forward on RF, Make a 1/4 turn R and point LF to L side, Touch LF next to RF (now facing 4:30) (counts above 1-6 are danced traveling towards 1:30)

Step, 1/2 L, Step, Slow Walk with Drag

- 1-2-3 Make a 1/4 turn L and step forward on LF, Step forward on RF, Make a 1/2 pivot turn L (now facing 7:30)
4-5-6 Take a step forward on RF, drag LF towards RF over 2 counts (at the end of the dance you will be facing 7:30, but when you start the dance again you L twinkle will square you up to face 6:00)

This dance is dedicated to all Line Dance choreographers, Instructors and dancers that have been touched with depression in one form or another. Please know you are not alone and we are all here to help each other. If you are going through a hard time there are organisations that can help.

Samaritans UK +44 116123

Suicide prevention line UK +44 0800 6895652

Lifeline US +1 998

Suicide Ecoute France +33 014 539 4000

findahelpline.com Universal.

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