#1 Reason



拍数: 0 墙数: 0 级数:

编舞者: Rose Grant (CAN)

音乐: Give Me One Reason - Tracy Chapman



Start intro. on the 17th beat or 2X8 count

INTRO

(To be done only once at the beginning of the dance)

TOUCH, LIFT, TOUCH, HITCH, CROSS STEP

Touch the right toe to the right side, lift up, touch down to right side
3-4 Hitch the right and cross behind the left, step down on the right
5&6 Touch the left toe to the left side, lift up, touch down to left side
7-8 Hitch the left and cross behind the right, step down on the left

9-16 Repeat 1 to 8

17-32 Repeat steps 1 to 16 but cross the appropriate foot in front

PART "A"

STEP, CROSS, SHUFFLE, ROCK-STEP, COASTER STEP, ½ TURN, BODY ROLLS

1-2 Step side right, cross the left behind 3&4 Shuffle in place right, left, right

5-6 Rock forward on the left, back on the right,

7&8 Left coaster step (back on left, together right, forward left)

9-10 Step forward on the right -1/2 turn left, step on left

11-14 Bring the right together with the left while doing two to the right body rolls

15-16 Two more quick to the right body rolls for 2 beats

Repeat 1 to 16, Two more times (End facing the back)

PART "B"

HEEL SWIVELS-OR *FANS

1& With the right slightly behind left, swivel heels in, and out2& With the left slightly behind right, swivel heels in, and out

3&4& With the right slightly behind the left, swivel heels in, out, in, out (weight on right)

With the left slightly in front of right, swivel heels in, and outWith the right slightly in front of left, swivel heels in, and out

7&8& With the left slightly in front of right, swivel heels in, out, in, out (weight on right)

*Alternative Steps are Fans, 2 Right, 2 Left (weight on right)

STEP, DRAG-STEP-DRAG-STEP, TO THE SIDES

9-10 Step side left, drag right to it

11&12 Step side left- drag right to it-step side left

13-14 Step side right, drag left to it

15&16 Step side right-drag left to it-step side right

1/2 TURN RIGHT, POINT, HOP/CHANGE, POINT AND HOLD

&17-18	Pivoting on the right ½ turn to right, point left to side, hold for 1 beat
&19-20	Hop on left, point right toe to side, hold for 1 beat

&21-22 Hop on right, point left toe to side, hold for 1 beat &23-24 Hop on left, point right toe to side, hold for left beat

OZ STEPS, MOVING VERY SLIGHTLY FORWARD

25-26& Right heel forward (weight on right), cross left behind (weight on left), step together right

27-28&	Left heel forward (weight on left), cross right behind (weight on right), step together left
29-30&	Right heel forward (weight on right), cross left behind (weight on left), step together right
31-32&	Left heel forward (weight on left), cross right behind (weight on right), step together left

HEEL, TOE TOUCHES, TAPS

Touch right heel forward, touch right toe back
 Touch right heel forward for two taps, hop on right
 Touch left heel forward, touch left toe back

39-40 Touch left heel forward for two taps

BALL CROSS, KICK, CROSS, UNWIND

Step down on the ball of the left foot, cross the right over the left (weight on right)

Kick the left forward, cross over the right, unwind ½ turn to the right (weight on right)

45-48 Repeat steps & 41 to 44 (weight on the left)

SEQUENCE:

1-intro (1 time only x 32 counts)

3 -part a (3 x 16 counts, start facing front)

3 -part b (3 x 48 counts)

3 -part a (3 x 16-musical section-start facing front) 3 -part b (3 x 48 to end of song, end facing front)