

The Reason

拍数: 48 墙数: 2 级数: Intermediate
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音乐: The Reason - Hoobastank



CROSS STEP, SIDE TOUCH, BEHIND & CROSS, SIDE ROCK-RECOVER, RONDE' ½ TURN (RIGHT), & CROSS STEP

- 1 Right - cross step in front of left foot
- 2 Left - touch toe out to side
- 3 Left - cross step behind right foot
- & Right - step to side
- 4 Left - cross step in front of right foot
- 5 Right - step (rock) out to side, slightly pushing right hip to side as well, lifting left foot somewhat off floor
- 6 Left - lower foot back to floor (recover), slightly pushing left hip to side as well
- 7 Right - swing foot out and around, pivoting ½ turn right on (ball of) left foot
- & Left - shift weight to foot, slightly stepping to side
- 8 Right - cross step in front of left foot

SIDE STEP, TOUCH TOGETHER, 1 ½ TURN (RIGHT), FORWARD ROCK-RECOVER, ¼ SHUFFLE TURN (LEFT)

- 9 Left - step to side
- 10 Right - touch together
- 11 Right - turning ½ turn right, step to side
- & Left - turning ½ turn right, step to side
- 12 Right - turning ¼ turn right, step forward
- 13 Left - step (rock) forward, slightly lifting right foot off floor
- 14 Right - lower foot back to floor (recover)
- 15&16 Shuffle ¼ turn left, stepping (left-right-left) you should be facing the back wall at this point

On counts 11&12 think of it as a smooth shuffle turn moving to the right. Keep both feet on the floor turning mostly on the balls of your feet

CROSS STEP, SIDE TOUCH, BEHIND & CROSS, SIDE ROCK-RECOVER, RONDE' ½ TURN (RIGHT), & CROSS STEP

- 17 Right - cross step in front of left foot
- 18 Left - touch toe out to side
- 19 Left - cross step behind right foot
- & Right - step to side
- 20 Left - cross step in front of right foot
- 21 Right - step (rock) out to side, slightly pushing right hip out to side as well, lifting left foot somewhat off floor
- 22 Left - lower foot back to floor (recover), slightly pushing left hip out to side as well
- 23 Right - swing foot out and around, pivoting ½ turn right on (ball of) left foot
- & Left - shift weight to foot, slightly stepping to side
- 24 Right - cross step in front of right foot

SIDE STEP, TOUCH TOGETHER, 1 ½ TURN (RIGHT), STEP FORWARD, TOUCH BEHIND, SHUFFLE BACKWARD

- 25 Left - step to side
- 26 Right - touch together
- 27 Right - turning ½ turn right, step to side
- & Left - turning ½ turn right, step to side

28 Right - turning $\frac{1}{4}$ turn right, step forward

29 Left - step forward

30 Right - touch toe behind left foot

31&32 Shuffle backward stepping (right-left-right)

You should be facing $\frac{1}{4}$ turn right from starting wall (3:00 wall)

On counts 27&28 think of it as a smooth shuffle turn moving to the right. Keep both feet on the floor turning mostly on the balls of your feet

COASTER STEP, CROSS STEP FORWARD, SIDE TOUCH, BEHIND & STEP, BEHIND $\frac{1}{4}$ TURN (RIGHT) & STEP

33 Left - step backward on (ball of) foot

& Right - step together on (ball of) foot

34 Left - step forward

35 Right - step forward and across of left foot

36 Left - touch toe out to side

37 Left - cross step behind right foot

& Right - step slightly out to side

38 Left - step slightly forward

39 Right - cross step behind left foot, turning $\frac{1}{4}$ turn right

& Left - step slightly out to side

40 Right - step slightly forward

$\frac{1}{4}$ TURN (RIGHT), DIAGONAL SHUFFLE FORWARD, CROSS STEP, STEP BACKWARD, $\frac{1}{2}$ TURN (RIGHT), $\frac{1}{4}$ TURN (RIGHT)

41 Left - step forward on (ball of) foot

42 Pivot $\frac{1}{4}$ turn left (keeping weight on right foot)

43&44 Shuffle diagonally forward stepping (left-right-left) towards right corner wall (1:00)

45 Right - cross step in front of left foot

46 Left - step backward (starting the turn if you need to)

47 Right - turning $\frac{1}{2}$ turn right, step forward

48 Left - turning $\frac{1}{4}$ turn right, step to side

REPEAT
