

Give Me 1 Reason

拍数: 48 墙数: 4 级数: Advanced Beginner
编舞者: Regina Cheung (CAN) - April 2009
音乐: Give Me One Reason - Tracy Chapman



Intro : 48 counts

2 x Toe Strut, 2 x Walk, Fwd 1/2 Left Pivot

1, 2 Turn to face (10:30) – Cross right toe over left, Drop right heel in place
3, 4 Side step left toe to left side. Drop left heel in place
5, 6 Walk forward – right, Left
7, 8 Step forward onto right. Pivot 1/2 turn left (4:30)

3 X Step-Lock, Side Rock-Recover-Cross

1, 2 Facing (4:30) - Step forward right, Lock Left behind right
3, 4 Step forward right, Lock left behind right
5, 6 Step forward right, Lock left behind right
7 & 8 Rock right to right side, recover onto left, cross right over left to face (3:00)

Grapevine-Touch. Rock. Recover. Sailor 1/2 Right

1 - 4 Step left to left side. Step right behind left. Step left to left side. Touch right next to left
5, 6 Rock forward onto right. Recover onto left
7 & 8 Step right behind left, step left next to right, turn 1/2 right & step forward onto right (9:00)

Grapevine-Touch. 2x Side-Touch

1 - 4 Step left to left side. Step right behind left. Step left to left side. Touch right next to left.
5 - 6 Step right to right side. Touch left next to right (with body roll)
7 - 8 Step left to left side. Touch right next to left (with body roll) (9:00)

2 X 1/4 left turn Paddle Rolling Hips, Rocking Chair

1, 2 Paddle turn 1/4 left rolling hips anti clockwise
3, 4 Paddle turn 1/4 left rolling hips anti clockwise
5, 6 Rock forward onto right. Recover onto left
7 & 8 Rock backward onto right, Recover onto left (3:00)

Right Mambo, Left Mambo, Forward Mambo. Back Mambo

1 & 2 Rock right to right side, recover onto left, step right next to left
3 & 4 Rock left to left side, recover onto right, step left next to right
5 & 6 Rock forward onto right, recover onto left, step right next to left
7 & 8 Rock backward onto left, recover onto right, step left next to right (3:00)

Start Again !!!

Last Revision - 24th November 2011