

One Reason to Stay

拍数: 48 墙数: 4 级数: Intermediate WCS
编舞者: Katrin Gäbler (DE) & Tommie Nijhuis (NL) - August 2013
音乐: Give Me One Reason - Tracy Chapman



Intro: 48 Counts, start on Lyrics

[1-8] Walk R+L, Sailor ½ Right with Cross, Side Left, Drag, & Cross, Point

1-2 Step fwd on r+l
3&4 Step ½ right behind left,(&) step left to left, cross right over left (6.00)
5-6 Step left to left, drag right next to left
&7-8 Step right down, cross left over right, point right to right

[9-16] Monterey ½ Right with Point, & Toe Switches R + L, & Walk, Walk, Anchor Step Right

1-2 ½ Turn right on left, step right next to left, point left to left (12.00)
&3&4 (&) Step left next to right, point right toe fwd(&), step back on right, point left toe fwd
&5-6 (&) Step left next to right, Walk fwd on right + left
7&8 Rock right behind left, (&) weight back on left, step right back

[17-24] ½ Left, ½ Left, Triple 1 ¼ Left, Touch, Hip Bump, Step

1-2 Step left ½ left fwd, step right ½ left back
3&4 1 ¼ triple Turn left stepping L,R,L (9.00)
5&6 Touch right fwd, (&) bump right hip fwd, step right down
7&8 Touch left fwd, (&) bump left hip fwd, step left down

[25-32] Rock Step Right, Recover, ¾ Triple Right, Heel & Point, Cross Back, Unwind ½ Right

1-2 Rock right fwd, weight back on left (9.00)
3&4 ¾ Triple Turn right, stepping r,l,r (6.00)
5&6 Touch left heel fwd, step left back, point right toe to right
7-8 Cross right behind left, unwind ½ right (weight on left) (12.00)

[33-40] Rock Step, Recover, Sailor ½ Right, Press Left, Recover, Chasse Left

1-2 Rock right fwd, weight back on left
3&4 ½ Sailor right, stepping r,l,r (6.00)
5-6 Press left fwd, weight back on right
7&8 Step left to left, close right next to left, step left to left

[41-48] Cross, Side, Sailor ¼ Right, & Step, Heel Bounces x3

1-2 Cross right over left, step left to left
3&4 Cross right ¼ right behind left, step left to left, step right to right
&5 Step left fwd, step right next to left (2. Position)
6-8 Heel Bounces x3

Contact: katring66@hotmail.com