

Just One Reason

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate / Advanced WCS
编舞者: Niels Poulsen (DK) - April 2014
音乐: Give Me One Reason - Tracy Chapman



Note: The steps are fairly easy but the syncopations (= timing) make the dance int/adv

Intro: 48 count intro (32 secs. into track). Start with weight on L foot

NOTE! - NO TAGS – NO RESTARTS!!!

Styling tip: Take small steps when doing all your fast syncopated steps. It gives you time to do them!... □

[1 – 8] Side kick ball step (Shorty George), syncopated R mambo with big back step, drag, ball cross ¼ R, run ¼ L X 2

- 1&2 Kick R a low kick to R side going up on the ball of L (1), step down on L foot again and stepping R slightly fwd (&), step L fwd (2) (or do a normal side kick ball step fwd) 12:00
- &3& Rock fwd on R (&), recover back on L (3), step R a BIG step backwards (&) 12:00
- 4 – 5 Drag L towards R (4), drag L next to R (5) 12:00
- &6 Turn ¼ R stepping L a small step to L side (&), cross R over L (6) 3:00
- 7&8& Turn ¼ L stepping L a small step fwd (7), step R a small step fwd (&), turn ¼ L stepping L a small step fwd (8), step R a small step fwd (&) 9:00

[9 – 16] ¼ L sweeping across, R samba step, weave, L sailor ¼ cross

- 1 – 2 Turn ¼ stepping fwd L and sweeping F fwd (1), sweep R across L (2) 6:00
- 3&4 Cross R over L (3), rock L to L side (&), recover on R (4) 6:00
- 5 – 6 Cross L over R (5), step R to R side (6) 6:00
- 7&8 Cross L behind R (7), turn ¼ L stepping R a tiny step to R side (&), cross L over R (8) 3:00

[17 – 24] R scissor, syncopated L vine with big side step, drag, ball cross, side rock, weave

- 1&2 Step R to R side (1), step L behind R (&), cross R over L (2) 3:00
- &3& Step L to L side (&), cross R behind L (3), step L a BIG step to L side (&) 3:00
- 4 – 5 Drag R towards L (4), drag R next to L (5) 3:00
- &6 Step down on R and next to L (&), cross L over R (6) 3:00
- 7&8& Rock R to R side (7), recover on L (&), cross R over L (8), step L to L side (&) 3:00

[25 – 32] R behind with sweep L, L sailor ¼ prep, 1 ½ turn R, step ¼ R

- 1 – 2 Cross R behind L sweeping L to L side (1), sweep L behind R (2) 3:00
- 3&4 Step L down behind R (3), turn ¼ L stepping R next to L (&), step fwd on L turning body slightly L to prepare for upcoming turn to the R (4) 12:00
- 5 – 7 Turn ½ R stepping R fwd (5), turn ½ R stepping L back (6), turn ½ R stepping R fwd (7) 6:00
- &8 Step fwd on L (&), turn ¼ R stepping R to R side (8) 9:00

[33 – 40] Cross, R side rock, kick cross point and bend, drag, ball step, L rock fwd, run back L R

- 1 – 2& Cross L over R (1), rock R to R side (2), recover on L (&) 9:00
- 3&4& Kick R fwd and slightly over L foot (3), step R slightly in front of L (&), bend in R knee and quickly pointing L to L side (4), straighten R Knee starting to drag L next to R (&) 9:00
- 5&6 Drag L next to R (5), step L slightly behind R (&), step fwd on R (6) 9:00
- 7&8& Rock L fwd (7), recover back on R (&), run back L (8), run back R (&) 9:00

[41 – 48] Big L step back, drag R, ball walk L R, fwd L, swivel R&L ½ R, step touch back and fwd

- 1 – 2 Step L a BIG step back and start dragging R towards L (1), drag R next to L (2) 9:00
- &3 – 4 Step down on R (&), walk L fwd (3), walk R fwd (4) 9:00

- 5&6 Step L fwd (5), swivel R heel L and as much of a ½ turn R as you can with your foot (&)
 swivel L heel L and a ½ turn L making sure that both feet have now turned ½ R (6) ... Note:
 weight L 3:00
- 7&8& Step R diagonally back R (7), touch L next to R (&), step L diagonally fwd L (8), touch R next
 to L (&) 3:00

Start again! And enjoy the COOL music...

Ending (option) 8th wall is your last wall (starts facing 9:00). To end facing 12:00 do up to count 36 (you're now facing 6:00)

following the slowing down of the music from count 37-40 then add these steps:

- 1 – 2 Point L back (7), turn ½ L stepping onto L (2) 12:00
- 3&4&5 ½ L stepping R back (3), ½ L stepping L fwd (&), run R fwd (4), run L fwd (&), run R fwd (5)
 12:00

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