

500 Reasons

拍數: 40 牆數: 4 級數: Improver
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - February 2015
音樂: 500 Reasons - Damien Leith



#32 count intro – start on vocal – [110bpm – 3mins 26secs]

[1-8] □ L box fwd, R touch out-in-side step, L behind-side-cross, ½ L hinge cross

1&2 Step L side, step R together, step L forward
3&4 Touch R side, touch R together, step R side
5&6 Cross step L behind R, step R side, cross step L over R

BIG ENDING during wall 8: Dance to count 6 & add the following:

Turning ¼ left step R back, turning ½ left step L forward, walk forward R, L, R

7&8 Turning ¼ left step R back, turning ¼ left step L side, cross step R over L (6 o'clock)

[9-16] □ L step touch, R kick, R back, L cross strut, R side strut, L back rock/recover/side, R back rock/recover/side

1&2& Step L side, touch R together, kick R on right diagonal, step R back
3&4& Cross touch L toes over R, step L heel down, touch R toes side, step R heel down
5&6 Rock L back, recover weight on R, step L side
7&8 Rock R back, recover weight on L, step R side

[17-24] □ L behind-side-cross, R complete box back, ½ L chase turn

1&2 Cross step L behind R, step R side, cross step L over R
3&4 Step R side, step L together, step R back
5&6 Step L side, step R together, step L forward
7&8 Step R forward, pivot ½ left, step R forward (12 o'clock)

[25-32] □ L fwd, ¼ R pivot turn, cross L over R, R & L mambos without hesitation, ¼ R Monterey, R side touch, step R to R diagonal

1&2 Step L forward, pivot ¼ right, cross step L over R (3 o'clock)
3&4& Rock R side, recover weight on L, step R together, rock L side
5&6& Recover weight on R, step L together, touch R side, turning ¼ right step R together (6 o'clock)
7&8& Touch L side, step L together, touch R side, step R towards right diagonal

[33-40] □ L & R fwd sambas, ½ R chase turn, ¾ L turn, R cross step

1&2 Cross step L over R, rock R side, recover weight on L (slightly forward in line of dance)
3&4 Cross step R over L, rock L side, recover weight on R (slightly forward in line of dance)
5&6 Step L forward, pivot ½ right, step L forward (12 o'clock)
7&8 Turning ½ left step R back, turning ¼ left step L side, cross step R over L (3 o'clock)

Easier option 7&8: Turn ¼ right: Cross step R over L, step L side, cross step R over L

Contact: Tel: 01462 735778 - Email: info@thedancefactoryuk.co.uk - Website: www.thedancefactoryuk.co.uk