

A Reason To Dance

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Peter Brotsch (USA) - February 2016
音樂: Overcomer - Mandisa



Intro: 36 counts in to the song (4 drum beats & 32 counts with the music)

Walk, Walk , Touch, Touch, Shuffle forward, ½ turn right

1,2 Walk forward on right foot, walk forward on left foot
3,4 Touch right toe forward (lean back), touch right toe back (lean forward)
5&6 Shuffle forward right, left, right
7,8 Step forward on left, make a ½ turn right (weight to right foot)

Walk, Walk, Touch, Touch, Shuffle forward, ¼ turn left

1,2 Walk forward on left foot, walk forward on right foot
3,4 Touch left toe forward (lean back), touch left toe back(lean forward)
5&6 Shuffle forward left, right, left
7,8 Step forward on right, make ¼ turn left (weight to left foot)

Sailor shuffle, Cross, ¾ Unwind, Chasse right, Rock, Recover

1&2 Step right behind left, step left in place, step on right
3,4 Cross left toe behind right heel on right side, unwind ¾ turn left
5&6 Step right to right side, step left next to right, step right to right side
7,8 Rock back on left, recover to right

Chasse left, Rock, Recover, Hip bumps

1&2 Step left to left side, step right next to left, step left to left side
3,4 Rock back on right, recover to left
5&6 Step forward on right, bump hips left, right
7&8 Step forward on left, bump hips right, left (weight on left)

Repeat

TAG: At the end of the 4th wall

1 – 4 Repeat the hip bumps 5&6, 7&8

Contact: Submitted by: Janis Graves - dancinjan@hotmail.com