

One Reason

拍數: 64 牆數: 1 級數: Advanced Smooth
編舞者: Fiona Murray (IRE), Guyton Mundy (USA) & Roy Hadisubroto (IRE) - November 2016
音樂: Million Reasons - Lady Gaga



[1-8] □ side, 1/4, 1/2, step, 1/4, out with arm raise, hand close, knee pop, prep, 1 1/4, hitch

- 1-2 step right to right, make 1/4 turn stepping together with left
&3&4 step forward on right as you make 1/2 turn pivot left, step down on left, make 1/4 turn left stepping right to right side, step left to left as you raise right arm up in front palm open
5&a close fist, pop knees up, return to neutral
6 rock to right as you prep
7&8 make 1/4 turn left as you step forward on left, make 1/2 turn left stepping back on right, make 1/2 turn left stepping forward on left as you hitch right up and bring arms in to chest

[9-16] □ Back X2, 1/4 rock, sway, full, sways, step with sweep, cross, side, back on diagonal

- 1&2 step back on right, step back on left, make 1/4 turn right rocking right to right
3&4& sway left, make 1/4 turn right stepping forward on right, make 1/2 turn right stepping back on left, make 1/4 turn right rocking right to right
5&6 sway left, sway right, step left to left as you sweep right in front
7&8 cross right over left, step back on left, step back on right to the diagonal at 1:30 while prepping back to right

[17-24] □ coaster, full, slow running step, rock recover back, back X 2, 1/4 turn rock

- 1&2 step back on left, step together with right, step forward on left
3&4 1/2 turn over left stepping back on right, 1/2 turn over left stepping forward on left, step forward on right as you lift left leg up like you're running slowly
5&6 rock forward on left, recover on right, step back on left
7&8 step back on right, step back on left, make 1/8 of a turn as you rock right to right bringing arms up into a prep

[25-32] □ Rock/recover step with arm hit and sweep, cross, side, back with sweep, coaster, 1/2, 1/2, Full

- 1&2 rock forward on left as you swing right elbow forward, rock back on right as you swing right elbow back, make 1/4 turn left as you step forward on left and sweep right forward and throw right arm forward (this will be to 12:00 wall)
3&4 cross right over left, step back on left, step back on right
5&6 step back on left, step together with right, step forward on left
7&8 make 1/2 turn over left stepping back on right, make 1/2 turn over left stepping forward on left, make full turn on left over left

[33-40] □ Out with arm raise and foot tap, side, behind, together, 1/4 rock with collapse and arm styling, back, back, 1/4 with arm hits

- 1-2 step right to right as you raise right hand with right index finger pointed up and tap right heel, tap right heel again
3-4&5 drop right arm as you step left to left, make 1/4 turn right as you step back on right, step together with left, step forward on right as you bow down with hands in prayer position
6&7 step back on left as you drop hands and raise body back up, step back on right, make 1/4 turn left as you step left to left side extending left hand out to left side with open palm
&&& extend right hand to right with open palm, bring hands to chest as you drop head, throw both hands out to either side as you lift head

[41-48] □ step with sweep, cross back, 1/2, 1/2, full, cross back side, cross back side

- 1-2 step forward on left as you sweep right forward, cross right over left

- &3-4 step back on left, make ½ turn over right stepping forward on right, make ½ turn over right stepping back on left
- &5 make ½ turn over right stepping on ball of right as you start a ½ turn sweep to the right, finish ½ turn sweep over right
- 6&7 cross left over right, step diagonally back on right, step back on left
- &8& cross right over left, step diagonally back on left, rock back on right

[49-56] □walks with arm pull, rock/recover, 1/2, 1/2, big step back with push, rock/recover

- 1& step forward on left raising right arm up diagonally forward palm open facing forward, close fist as you rotate hand ½ turn so fist is facing upward
- 2& step forward on right as you draw right hand in and down to right side, lift left hand up palm open as you slide left foot next to right
- 3& step forward on left as you close left fist bringing left arm down to left side, left right hand up palm open as you slide right foot next to left
- 4 step forward on right as you close right fist bringing right arm down to right side,
- 5&6 rock forward on left, recover on right, make ½ turn over left stepping forward on left
- &7 make ½ turn over left stepping back on right, take big step back on left as you push right hand forward palm open
- 8& rock back on right, recover on left

[57-64] □walks with arm raise, hook, 1/2, piece sign with look, step, half pivot, 1/2 with push, 1/2

- 1-2-3 walk forward on right, walk forward on left, walk forward on right as you raise right hand with right index finger extended
- &4 hook left behind right, unwind ½ turn over left
- 5 look over right shoulder as you give peace sign (index and middle finger spread into “V” with other fingers closed)
- 6&7 step forward on right as you drop your right hand, make ½ turn pivot over left shoulder weight transitioning to right foot, make ½ turn over left stepping forward on left as you push right hand back palm open
- 8& step forward on right as you drop right hand, make ½ turn over left transitioning weight to left foot

Restart: Restart on 2nd time through will be at count 60. As you hook-unwind, unwind a full turn over left shoulder and restart the dance by stepping right to right.

Tag: Happens on 3rd time through. On last 8, after rock-recover, you walk forward 1-2-3 while raising hand up with index finger pointed. Rock forward on left, rock back on right, step back on left for 4&5. Walk back on right for 6, walk back on left for 7. Rock back on right, recover on left. Step forward on right which will restart dance on last 8 counts.

Ending: On the last 8 counts staring at 5, the music will start to slow down. Continue the dance through 6&7. Do not make ½ turn back to front wall. Just walk off the dance floor.
