

21 Reasons

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Lucy Cooper (UK) - July 2022
音樂: 21 Reasons (feat. Ella Henderson) - Nathan Dawe



Intro: 8 counts

Cross, Side, Sailor Step, Back Rock, Step, Pivot ½ R w. Knee Pop

1 2 Cross R over L, step L to side
3&4 Cross R behind L, step L to side, step R to side
5 6 Rock L back, recover onto R
7 8 Step L forward, quickly pivot ½ R leaving weight on L and popping R knee (6.00)

Walk, Walk, Forward Lock, Press, Recover, Back, Coaster Step

1 2 Walk R forward, walk L forward,
3&4 Step R forward, lock L behind, step R forward
5 6 Press L forward (optional: rolling hips from L to R), recover onto R
7 8& Step L back, step R back, step L beside R

Dorothy Step, Heel, Hold, Ball, Cross Rock, Side Rock, Sweep Kick

1 2& Step R forward to R diagonal, lock L behind, step R forward to R diagonal
3 4& Touch L heel to L forward diagonal, hold, ball step L beside R
5 6 Cross rock R over L, recover onto L
7 8 Rock R to R side, recover onto L as you kick your R into a sweep forward and across L

Syncopated Jazz Box Cross, Hold, Side, Back Rock, ½ R w. Hitch

1 2& Cross R over L, step L back, step R to side
3 4& Cross L over R, Hold, ball step R to R side
5 6 Rock L back, recover onto R
7 8 Step L back turning ¼ R, hitch R knee turning ¼ R (12:00)

L Diagonal Side, Hold, Ball, Side, ¼ R Touch, Side, Hold, Ball, Side, Touch 1/8 L

1 2& Turn body to L diagonal stepping R to side, hold, ball step L beside R (10.30)
3 4 Step R to side, touch L beside R as you turn ¼ to R diagonal (1.30)
5 6& Step L to L side, Hold, ball step R beside L
7 8 Step L to L side, touch R beside L straightening up to 12:00 (12:00)

Side, Point, ½ L, Sailor Step, Behind, Side, Cross, Side Cross

1 2 Step R to R side, point L to L side (twisting body slightly R in prep for L turn)
3 4 Step L forward turning ¼ L, step R to side turning ¼ R (6.00)
5&6 Cross L behind R, step R to side, step L to side
7&8& Cross R behind L, step L to side, Cross R in-front of L, step L to L side