

Reasons Why I Do

拍數: 64 牆數: 2 級數: Phrased Advanced
編舞者: Debbie Rushton (UK) & Jean-Pierre Madge (CH) - August 2022
音樂: 21 Reasons (feat. Ella Henderson) - Nathan Dawe



Sequences : A-A-B-A-A-B-A-A16 restart-B-B

A: 32

Walk, Walk, Walk, Chassé L, Rock, Sweep, Behind Side Cross

1-2-3 Walk R,L,R (1,2,3) 12'
4&5 Step L forward (4), Step R next L (&), Step L forward (5),
6-7 Rock R forward (6), Recover on L and Sweep R (7),
8&1 Cross R behind L (8), Step L to L (&), Cross R over L (1)

Hold, And Cross, Hold, And 1/4L Step, Pivot 1/2L, Step, Kick Ball Step Sweep

2 Hold (2),
&3-4 Step L to L (&), Cross R behind L (3), Hold (4)
&5-6 1/4L Step L forward (&), Step R forward (5), Pivot 1/2L (6) 3'
7-8&1 Step R forward (7), Kick L forward (8), Step L next R (&), Step R forward and start sweeping L around (1)

Cross, Chassé, Rock, Recover, 3/8L Turn

2-3 Keep sweeping L around (2), Cross L over R with 1/8R (3) 4.30'
4&5 Step R forward (4), Step L next R (&), Step R forward (5)
6-7-8 Rock L forward (6), Recover on R (7), 3/8L Step L forward (8) 12'

Turning Hip Rolls 1/4L x2, Jazz Box

1-2 1/4L Step R to R (1), Cross L over R (2) 9'
3-4 1/4L Step R to R (3), Step L next to R (4) 6'

Note : While rotating, Roll your hips anticlockwise from L to the back and R

5-6 Cross R over L (5), Step L back (6)
7-8 Step R to R (7), Step L forward (8)

B: 32

Walk, Walk, Side Rock, Recover, Cross 1/8L , Bounce 1/4L, 1/4L Rock, Back Sweeps

1-2 Walk L (1) , Walk R (2),
&3-4 Rock R to R (&), Recover on L (3), turn 1/8L and cross R over (4) 10.30'
5-6 Bounce heels 1/4L (5), Bounce heels 1/4L and Rock with L forward (6) 4.30'
7-8 Recover R back and Sweep L out (7), Step L back and Sweep R out (8)

Behind Side Cross 1/8R, Side, Together, Point and Point and Heel, Flick

1&2 Cross R behind L (1), 1/8R Step L to L (&), Cross R over L (2) 6'
3-4 Big Step L to L (3), Bring R next L (4)
5&6& Point L to L (5), L next R (&), Point R to R (6), R next L (&),
7-8 L heel forward (7), Bring L next R and Flick R back (8)

Repeat first 16 counts to complete part B

Small A : Facing 6'

First section normal

Second section

Hold, And Cross, Hold, And 4 Walks 1/2L

2 Hold (2),
&3-4 Step L to L (&), Cross R behind L (3), Hold (4)
&5-6-7-8 Step L to L (&), 4 walks R,L,R,L doing 1/2L to face the front, shimmy your shoulders (5,6,7,8)
ready to start part B

Smile and start the dance again !
