

Reasons

拍數: 32 牆數: 1 級數: Beginner
編舞者: Jim PAVADÉ (FR) - January 2023
音樂: 21 Reasons (feat. Ella Henderson) - Nathan Dawe



Tag: 8 counts at the end of wall 7

Intro: 8 counts

The dance starts with the body weight on the LF

Section 1: [1 – 8]: Cross Samba X2, Mambo Step, Unwind ½ Turn R

1 & 2 Cross RF over LF, LF to side on ball, Recover on RF (12:00)
3 & 4 Cross LF over RF, RF to side on ball, Recover on LF
5 & 6 RF forward, Recover on LF, RF back
7 8 Cross LF over RF, Unwind ½ turn R (06:00)

Section 2: [9 – 16]: Walk R, Walk L, V Steps, Side-Touch X2

1 2 FR forward, LF forward
&3 RF out, LF out
&4 RF in, LF in
5 6 RF to side, Touch LF behind RF
7 8 LF to side, Touch RF behind LF

Section 3: [17 – 24]: Jazz Box with ¼ Turn to Right X 2

1 2 Cross RF over LF, LF back,
3 4 ¼ turn right RF to side, Cross LF over RF (0 9:00)
5 6 Cross RF over LF, LF back,
7 8 ¼ turn right RF to side, Cross LF over RF (12:00)

Section 4: [25 – 32]: Syncopated Lock Steps

1&2& On the R diagonal RF forward, Lock LF behind RF, RF forward, Lock LF behind RF
3&4 RF forward, Lock LF behind RF, RF forward, (01:30)
5&6& On the L diagonal LF forward, Lock RF behind LF, LF forward, Lock RF behind LF
7&8 LF forward, Lock RF behind LF, LF forward, (10:30)

Tag: 16 counts at the end of wall 7

1-8 R Toe on floor, Count with R hand to 4 then Shake R hand to 8
9-16 Walk 8 steps draw a circle to the right

Final : on the last count make RF to side.

Enjoy !