

#1 Reason

拍數: 0 牆數: 0 級數:
編舞者: Rose Grant (CAN)
音樂: Give Me One Reason - Tracy Chapman



Start intro. on the 17th beat or 2X8 count

INTRO

(To be done only once at the beginning of the dance)

TOUCH, LIFT, TOUCH, HITCH, CROSS STEP

- 1&2 Touch the right toe to the right side, lift up, touch down to right side
3-4 Hitch the right and cross behind the left, step down on the right
5&6 Touch the left toe to the left side, lift up, touch down to left side
7-8 Hitch the left and cross behind the right, step down on the left
- 9-16 Repeat 1 to 8
17-32 Repeat steps 1 to 16 but cross the appropriate foot in front

PART "A"

STEP, CROSS, SHUFFLE, ROCK-STEP, COASTER STEP, ½ TURN, BODY ROLLS

- 1-2 Step side right, cross the left behind
3&4 Shuffle in place right, left, right
5-6 Rock forward on the left, back on the right,
7&8 Left coaster step (back on left, together right, forward left)
9-10 Step forward on the right -½ turn left, step on left
11-14 Bring the right together with the left while doing two to the right body rolls
15-16 Two more quick to the right body rolls for 2 beats

Repeat 1 to 16, Two more times (End facing the back)

PART " B "

HEEL SWIVELS-OR *FANS

- 1& With the right slightly behind left, swivel heels in, and out
2& With the left slightly behind right, swivel heels in, and out
3&4& With the right slightly behind the left, swivel heels in, out, in, out (weight on right)
5& With the left slightly in front of right, swivel heels in, and out
6& With the right slightly in front of left, swivel heels in, and out
7&8& With the left slightly in front of right, swivel heels in, out, in, out (weight on right)

*Alternative Steps are Fans, 2 Right, 2 Left (weight on right)

STEP, DRAG-STEP-DRAG-STEP, TO THE SIDES

- 9-10 Step side left, drag right to it
11&12 Step side left- drag right to it-step side left
13-14 Step side right, drag left to it
15&16 Step side right-drag left to it-step side right

½ TURN RIGHT, POINT, HOP/CHANGE, POINT AND HOLD

- &17-18 Pivoting on the right ½ turn to right, point left to side, hold for 1 beat
&19-20 Hop on left, point right toe to side, hold for 1 beat
&21-22 Hop on right, point left toe to side, hold for 1 beat
&23-24 Hop on left, point right toe to side, hold for left beat

OZ STEPS, MOVING VERY SLIGHTLY FORWARD

- 25-26& Right heel forward (weight on right), cross left behind (weight on left), step together right

- 27-28& Left heel forward (weight on left), cross right behind (weight on right), step together left
29-30& Right heel forward (weight on right), cross left behind (weight on left), step together right
31-32& Left heel forward (weight on left), cross right behind (weight on right), step together left

HEEL, TOE TOUCHES, TAPS

- 33-34 Touch right heel forward, touch right toe back
35-36& Touch right heel forward for two taps, hop on right
37-38 Touch left heel forward, touch left toe back
39-40 Touch left heel forward for two taps

BALL CROSS, KICK, CROSS, UNWIND

- &41 Step down on the ball of the left foot, cross the right over the left (weight on right)
42-44 Kick the left forward, cross over the right, unwind $\frac{1}{2}$ turn to the right (weight on right)
45-48 Repeat steps & 41 to 44 (weight on the left)

SEQUENCE:

- 1-intro (1 time only x 32 counts)
3 -part a (3 x 16 counts, start facing front)
3 -part b (3 x 48 counts)
3 -part a (3 x 16-musical section-start facing front)
3 -part b (3 x 48 to end of song, end facing front)
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