

One Good Reason (corr Feb 08)

COPPERKNOB
STEPPERS

拍數: 48
編舞者: Larry Bass (USA) - February 2008

牆數: 4

級數:



音樂: Give Me One Reason (Live) - Eric Clapton & Tracy Chapman : (CD: Live A Very Special Christmas Live From Washington D.C)

KICK-BALL-CHANGE, WALK, WALK, BEHIND, BACK, BACK; COASTER STEP WITH SIDE TOUCH

1&2 Kick right forward, Step Right beside Left, Step Left beside Right
3-4 Step Right forward; Step Left forward
5&6 Cross Right behind Left, Step Left back & across Right, Step Right back
7&8 Step Left back, Step Right beside Left, Touch Left to left side

(&) TOUCH, ¼ TURN, COASTER STEP; STOMP KICK & KICK & CROSS

&9-10 Step Left beside Right, Touch Right to right side; Turn ¼ right onto Left
11&12 Step Right back, Step Left beside Right, Step Right forward
13-14 Step Left forward; Kick Right forward across Left
&15 Step Right beside Left, Kick Left forward across Right
&16 Step Left beside Right, Step Right across Left

STEP LEFT, HOLD; BEHIND & ACROSS; STEP LEFT, HOLD; SAILOR SHUFFLE

17-18 Step Left to left side; Hold
19&20 Step Right behind Left, Step Left to left side, Step Right across Left
21-22 Step Left to left side; Hold
23&24 Step Right behind Left, Step Left to left side, Step Right to right side

(Variation for steps 17-18; 21-22: Body rolls to the left)

CROSSOVER SHUFFLE, ROLLING ½ TURN; CROSSOVER ROCK STEP & ROCK, ROCK

25&26 Step Left across Right, Step Right to right side, Step Left across Right
27-28 Turn ¼ turn left & step Right back; Turn ¼ turn right & step Left to left side
29-30 Step Right across Left; Rock back onto Left
&31-32 Step Right to right side, Rock left onto Left; Rock right onto Right

BEHIND & ACROSS, HIP BUMPS; CROSSOVER ROCK STEP & ¾ TURNING SHUFFLE

33&34 Step Left behind Right, Step Right to right side, Step Left across Right
35&36 Step Right diagonally forward to right & bump hips right, left, right
37-38 Step Left across Right; Rock back onto Right
&39&40 Step Left slightly to left side starting ¾ turn left, turn ¾ turn left & step Right, Left, Right in place

LEFT SAILOR SHUFFLE, RIGHT SAILOR SHUFFLE; STEP ½ PIVOT, ¾ TURN TRIPLE STEP

41&42 Step Left behind Right, Step Right to right side, Step Left to left side
43&44 Step Right behind Left, Step Left to left side, Step Right to right side
45-46 Step Left forward; Pivot ½ turn right onto Right
47&48 Turn ¾ turn right while stepping Left, Right, Left

START OVER