

One Good Reason

拍數: 48 牆數: 4 級數: Intermediate
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音樂: Gimme One Good Reason - Tracy Chapman



Intro: 32 Count Intro

Walk Forward R, L, Anchor Step, L Triple back, Step, Touch

1-2 Walk forward R,L
3&4 Step Ball of R slightly behind L, step L in place, step R in place
5&6 Step back on L, lock R in front of L, step left back
7-8 Step R back, touch L out to L side

Rock Forward, Recover, Turn 1/2, 1/2, L Sailor, R Coaster 1/4 Turn

1-2 Rock forward onto L, back onto R
3-4 1/2 turn L stepping forward on L, 1/2 turn L stepping back on R
5&6 Sweep L behind R, step R to R side, L to L side
7&8 Turning 1/4 R, step R back, L beside R, R forward

Wizard Steps R, L, Rock Forward, Recover, Step Back, Cross Step

1-2& Step L forward on L diagonal, lock R behind L, step L beside R
3-4& Step R forward on R diagonal, lock L behind R, step R beside L
5-6 Rock forward onto L, back onto R
7-8 Step L back on diagonal, cross R in front of L

Step Back, Back, Cross, Back, Turn 1/4, 1/4, L Sailor

1-2 Step back on L, Step R back on diagonal
1-3 Cross L in front of R, Step back on R
5,6 1/4 turn L as you step forward on L, 1/4 turn L as you step R to the R side
7&8 Sweep L behind R, step R to R side, step L to L side

Step Touches, "Little" Heel Jacks (angle your body as you tap)

1-4 Step R to R side, touch L ball beside R, step L to L side, touch R ball beside L
5&6& Tap R heel forward, step R home, tap L at R heel, step L slightly back
7&8 Tap R heel forward, step R home, tap L at R heel

Side Shuffle, Rock, Recover, Kick Ball Cross 2x

(angle your body slightly on R diagonal, squaring up to the new wall as you walk forward)

1&2 Step L to L side, step R beside L, step L to L side
3-4 Rock R back behind L, recover onto L
5&6 Kick R on diagonal, step slightly back on ball of R foot, cross L over R
7&8 Kick R on diagonal, step slightly back on ball of R foot, cross L over R