

The Reason EZ

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Judy Rodgers (USA) - May 2012
音樂: You're the Reason - Dr. Victor & The Rasta Rebels : (CD: If you Wanna be Happy)



(16 count intro)

Alt. Music: Ladies Night by Kool & the Gang (64 count intro) CD: The very best of Kool & the Gang

****Written as a split floor for my intermediate dance – The Reason**

WALK, WALK, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, SHUFFLE TURN ¼

1-3 Walk forward R, L
3&4 Shuffle forward R L R
5-6 Rock forward L, recover R
7&8 Turn ¼ left shuffle L R L 9:00

CROSS, SIDE, BEHIND SIDE CROSS, SIDE ROCK RECOVER, CROSS SHUFFLE

1-2 Step R across L, step L to left side
3&4 Step R behind L, step L to left side, cross R over L
5-6 Rock L to left side, recover R
7&8 Cross shuffle L R L

TURN ¼, TURN ¼, CROSS SIDE ROCK, CROSS, SIDE, SAILOR STEP

1-2 Turn ¼ left step back on R, turn ¼ left step side on L 3:00
3&4 Cross rock R over L, rock L to left side, recover R
5-6 Step R across L, step R to right side
7&8 Step L behind R, step R to right side, step L to left side

WALK, WALK, MAMBO FORWARD, WALK, WALK, COASTER STEP

1-2 Walk forward R L
3&4 Rock R forward, recover L, step R slightly back
5-6 Walk back L R
7&8 Step L back, step R beside, step L forward

Tag for "You're the Reason": At the end of walls 2, 4, 6, 7 add the following 16 counts.

CROSS SIDE ROCK (X 2), ROCK RECOVER, TURN ½ R, STEP L

1&2 Cross R over L, rock L to side, recover R
3&4 Cross L over R, rock R to side, recover L
5-8 Rock R forward, recover L, turn ½ right step R forward, step L forward 6:00

1-8 REPEAT THE ABOVE 8 COUNTS (you will come back to the same wall you started the tag on)

NO TAGS OR RESTARTS for "Ladies Night"