

One Reason

拍數: 48 牆數: 4 級數: Easy Intermediate
編舞者: Lisa Hillman (SWE) - December 2012
音樂: Give Me One Reason - Eric Clapton & Tracy Chapman



Start dancing after 16 counts

Section 1 – Cha Cha right, Rock recover, Cha Cha left, back rock

1&2 RF to Right, LF beside RF, RF to Right
3 4 LF cross over RF. Recover to Right
5&6 LF to Left, RF beside LF, LF to LF
7 8 RF back rock behind LF, Recover to LF

Section 2 – Kick ball cross, Monterey ½ & Point, Step forward, Turn ¼ left

1&2 RF kick forward, Step RF beside LF, LF cross over RF
3 4 RF Point out to Right, Make ½ turn to Right (6:00)
5&6 LF point to Left, Step LF beside RF, RF point to Right
7 8 RF Step forward, Lift both heels and make ¼ turn to left (weight on right) (3:00)

Section 3 – Coaster step, Step, Hold, Ball Step forward, Rock recover, Step back lock

1&2 LF step back, RF step beside LF, LF step forward, RF
3 4 Step forward, Hold,
&5 LF step beside RF, RF forward
6 7 Rock LF forward Recover to Right
8& LF step back, RF cross over LF

Section 4 – Step Back and Sweep, Sailor step ½ turn, Ball Step, Hold, Ball Step, Rock Forward

1 2 LF step back, Sweep RF back.
3&4 RF cross behind LF, ¼ turn R stepping LF slightly back, ¼ turn R stepping RF fwd.(9:00)
&5 6 LF step beside RF, Step RF forward, Hold
&7 8 LF step beside RF, Step RF forward, LF Rock forward

Section 5 – Recover, Back Lock Back ¼ turn, Jazzbox, Cross shuffle

1 2&3 Recover on Right, LF back, RF Lock LF, step LF back ¼ turn to Left (6:00)
4 5 6 7 Recover to RF. LF cross over RF, RF step back, LF to left,
8&1 Cross RF over LF, Step LF to Left, Cross RF over LF

Section 6 – ¼ Left turn, Step Turn ½ left, Lockstep forward, Step, Touch

2 3 4 Step LF to Left with a ¼ turn to left. (3:00), RF step forward, Turn ½ to Left (weight on LF, 9:00)
5&6 Step RF forward, Lock LF behind RF, Step RF forward
7 8 Step LF forward, Touch RF beside LF

I love Linedance

LineDance and have fun!

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