

24 Reasons

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Jill Babinec (USA) & Debi Pancoast (USA) - October 2018
音乐: 24 Reasons - Kadooh : (Single)



Intro is 16 counts (approx. 11 secs) to start with vocals

***Restart after 16 counts during 4th rotation**

[1 – 8] Skate R, Skate L, Triple R,L,R, Skate L, Skate R, 1/4 Triple L,R,L

1,2 Skate step forward R; Skate step forward L
3&4 Small skate step forward R; Step together L; Small step forward R (this triple step moves toward 1:00 diagonal)
5,6 Skate step forward L; Skate step forward R
7&8 Turn 1/4 left stepping forward L [9:00]; Step together R; Small step forward L

[9 – 16]* Rock, Recover, Triple in Place, Walk back L,R, Coaster Step

1,2 Rock forward R; Recover back L
3&4 Triple in place R,L,R (option: “Anchor”: Step R just behind L heel; Step in place L; Step in place R)
5,6 Walk back L; Walk back R
7&8 Small step back L; Step together R; Small step forward L*

***Restart here during 4th wall**

[17-23] Ball-Side, Step-Step, Side, Step-Step, Side, Together, Side

&1 Small step together on ball of R foot; Step side L
2&3 Step R next to L; Step in place L; Step side R (note: good hip motion opportunity)
4&5 Step L next to R; Step in place R; Step side L (note: good hip motion opportunity)
6,7 Step together R; Step side L

[24-32] 1/4 Turning Sailor, Swivel 1/4, Step, Swivel 1/4, Cross Rock, Recover, 3/4 Runaround

8&1 Step R behind L; Turn 1/8 right stepping side L; Turn 1/8 right stepping forward R [12:00]
2,3,4 Swivel 1/4 left shifting weight to L [9:00]; Step forward on ball of R (most weight back on L); Swivel 1/4 left shifting weight fully to L [6:00] (note: doing these 1/4 turns as swivels gives you some hip motion for style)
5,6 Rock R across L; Recover back on L opening upper body to right diagonal slightly
7&8& 3/4 right turning runaround: Turn ¼ right stepping forward R; Continue with 1/8 turn right stepping forward L; Turn 1/4 right stepping forward R; Continue turning additional 1/8 right to square up to 3:00 wall stepping forward L

Begin again with this as your “new” 12:00 starting reference wall.

***Restart: On fourth rotation, you will start the dance facing your original 9:00 reference wall and will be facing the back wall at count 16 (coaster step) to restart from the top of the dance.**

This step sheet may be freely copied intact however modifications to this step sheet may not be made without the permission of the choreographers.

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