One Good Reason

拍数: 48　　　　墙数: 4　　　　级数: Intermediate

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音乐: 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 1/4Turn

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 be hind 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