

Just one Reason!

Choreographer: Niels Poulsen (Denmark)

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Type of dance: 48 counts. 4 walls. Int/adv. Style of dance: West coast swing
 Level: Int/adv. *Note: The steps are fairly easy but the syncopations (= timing) make the dance int/adv*
 Music: **Give me one reason** by Tracy Chapman. Track length: 4.26. Buy on iTunes, etc.
 Intro: 48 count intro (32 secs. into track). Start with weight on L foot
 NOTE! NO TAGS – NO RESTARTS!!! ☺
 Styling tip: Take small steps when doing all your fast syncopated steps. It gives you time to do them!... ☺

Counts	Footwork	End facing
1 – 8	Side kick ball step (Shorty George), syncopated R mambo with big back step, drag, ball cross ¼ R, run ¼ L X 2	
1&2	Kick R a low kick to R side going up on the ball of L (1), step down on L foot again and stepping R slightly fwd (&), step L fwd (2) <i>(or do a normal side kick ball step fwd)</i>	12:00
&3&	Rock fwd on R (&), recover back on L (3), step R a BIG step backwards (&)	12:00
4 – 5	Drag L towards R (4), drag L next to R (5)	12:00
&6	Turn ¼ R stepping L a small step to L side (&), cross R over L (6)	3:00
7&8&	Turn ¼ L stepping L a small step fwd (7), step R a small step fwd (&), turn ¼ L stepping L a small step fwd (8), step R a small step fwd (&)	9:00
9 – 16	¼ L sweeping across, R samba step, weave, L sailor ¼ cross	
1 – 2	Turn ¼ stepping fwd L and sweeping F fwd (1), sweep R across L (2)	6:00
3&4	Cross R over L (3), rock L to L side (&), recover on R (4)	6:00
5 – 6	Cross L over R (5), step R to R side (6)	6:00
7&8	Cross L behind R (7), turn ¼ L stepping R a tiny step to R side (&), cross L over R (8)	3:00
17 – 24	R scissor, syncopated L vine with big side step, drag, ball cross, side rock, weave	
1&2	Step R to R side (1), step L behind R (&), cross R over L (2)	3:00
&3&	Step L to L side (&), cross R behind L (3), step L a BIG step to L side (&)	3:00
4 – 5	Drag R towards L (4), drag R next to L (5)	3:00
&6	Step down on R and next to L (&), cross L over R (6)	3:00
7&8&	Rock R to R side (7), recover on L (&), cross R over L (8), step L to L side (&)	3:00
25 – 32	R behind with sweep L, L sailor ¼ prep, 1 ½ turn R, step ¼ R	
1 – 2	Cross R behind L sweeping L to L side (1), sweep L behind R (2)	3:00
3&4	Step L down behind R (3), turn ¼ L stepping R next to L (&), step fwd on L turning body slightly L to prepare for upcoming turn to the R (4)	12:00
5 – 7	Turn ½ R stepping R fwd (5), turn ½ R stepping L back (6), turn ½ R stepping R fwd (7)	6:00
&8	Step fwd on L (&), turn ¼ R stepping R to R side (8)	9:00
33 – 40	Cross, R side rock, kick cross point and bend, drag, ball step, L rock fwd, run back L R	
1 – 2&	Cross L over R (1), rock R to R side (2), recover on L (&)	9:00
3&4&	Kick R fwd and slightly over L foot (3), step R slightly in front of L (&), bend in R knee and quickly pointing L to L side (4), straighten R Knee starting to drag L next to R (&)	9:00
5&6	Drag L next to R (5), step L slightly behind R (&), step fwd on R (6)	9:00
7&8&	Rock L fwd (7), recover back on R (&), run back L (8), run back R (&)	9:00
41 – 48	Big L step back, drag R, ball walk L R, fwd L, swivel R&L ½ R, step touch back and fwd	
1 – 2	Step L a BIG step back and start dragging R towards L (1), drag R next to L (2)	9:00
&3 – 4	Step down on R (&), walk L fwd (3), walk R fwd (4)	9:00
5&6	Step L fwd (5), swivel R heel L and as much of a ½ turn R as you can with your foot (&) swivel L heel L and a ½ turn L making sure that both feet have now turned ½ R (6) ... <i>Note: weight L</i>	3:00
7&8&	Step R diagonally back R (7), touch L next to R (&), step L diagonally fwd L (8), touch R next to L (&)	3:00
Start again! And enjoy the COOL music... ☺ ☺ ☺		
Ending (option)	8 th wall is your last wall (starts facing 9:00). To end facing 12:00 do up to count 36 (you're now facing 6:00) following the slowing down of the music from count 37-40 then add these steps:	6:00
1 – 2	Point L back (7), turn ½ L stepping onto L (2)	12:00
3&4&5	½ L stepping R back (3), ½ L stepping L fwd (&), run R fwd (4), run L fwd (&), run R fwd (5)	12:00