

School Dance Styles

Ecole de Danse

YOU ARE THE REASON BABY

Count: 16 Wall: 2 Level: Beginner
Choreographer: Alison Johnstone (Nuline) March 2018
Music: You Are The Reason (Duet Version) – Calum Scott & Leona Lewis

Start: On the lyric HEART (4 counts in) NO TAGS OR RESTARTS

(1-4) WALK, WALK, WALK, (WALKS HAVE SWEEPS), MAMBO,

1, 2, 3 Walk fwd Lft sweep Rt fwd, Walk fwd Rt Sweep Lft fwd, Walk fwd Lft sweep Rt
4&a Rock fwd on Rt, Recover on Lft (&), Step back on Rt (A)

(5-8) BACK, BACK, BACK, (BACK WALKS HAVE SWEEPS), BEHIND, ¼ LEFT, STEP (9.00)

5, 6, 7 Step back on Lft sweep Rt back, Step back on Rt sweep Lft back,
Step back on Lft sweep Rt back
8&a Step Rt behind Lft, ¼ Turn over Lft stepping fwd on Lft (&), Step fwd on Rt (9.00)

(9-12) LUNGE, RECOVER, STEP LEFT TOGETHER, BACK, COASTER

1, 2 Lunge fwd on Lft reaching Rt arm fwd, Recover on Rt
a3 Step Left beside Rt (A), Step back on Rt
4&a Step back on Lft, Step Rt together (&), Step fwd on Lft (A)

(13-16) PIVOT ¼ LEFT, TOGETHER, SIDE, COASTER

5, 6 Step fwd on Rt, Pivot ¼ over Lft transferring weight to Lft
a7 Step Rt beside Lft (A), Step Lft to side
8&a Step back on Rt, Step Lft together (&), Step fwd on Rt (A)

Ending: Dance ends at coaster step (4&a), you will be facing 9.00 - Simply turn that last 'a' count to the front

NOTE: This is a great way to get your beginners used to a rolling count dance.

I am often asked what the &a refers too and I find this the easiest description.

You will hear a Viennese waltz beat 1,2,3 4,5,6.

Rolling count works with those same beats however replace with 1&a, 2&a.

Cathy MERIOT - Choréographe / Instructor

106 I chemin des Jardins

83920 LA MOTTE en PROVENCE

tél : 06.61.17.10.82 courriel : cathy.meriot83@sfr.fr

www.countryfriends83.fr