

# One Reason to Stay

Music : Give me one Reason – Tracy Chapmann

Choreographer : Katrin Gäbler (Ger) Tommie Nijhuis (NL)

Level : Intermediate

Type / Counts : 4 Wall West Coast / 48

Intro : 48 Counts, start on Lyrics

## **1-8 Walk R+L, Sailor ½ Right with Cross, Side Left, Drag, & Cross, Point**

1-2 Step fwd on r+l

3&4 Step ½ right behind left,(&) step left to left, cross right over left (6.00)

5-6 Step left to left, drag right next to left

&7-8 Step right down, cross left over right, point right to right

## **9-16 Monterey ½ Right with Point, & Toe Switches R + L, & Walk, Walk, Anchor Step Right**

1-2 ½ Turn right on left, step right next to left, point left to left (12.00)

&3&4 (&) Step left next to right, point right toe fwd(&), step back on right, point left toe fwd

&5-6 (&) Step left next to right, Walk fwd on right + left

7&8 Rock right behind left, (&) weight back on left, step right back

## **17-24 ½ Left, ½ Left, Triple 1 ¼ Left, Touch, Hip Bump, Step**

1-2 Step left ½ left fwd, step right ½ left back

3&4 1 ¼ triple Turn left stepping L,R,L (9.00)

5&6 Touch right fwd, (&) bump right hip fwd, step right down

7&8 Touch left fwd, (&) bump left hip fwd, step left down

## **25-32 Rock Step Right, Recover, ¾ Triple Right, Heel & Point, Cross Back, Unwind ½ Right**

1-2 Rock right fwd, weight back on left (9.00)

3&4 ¾ Triple Turn right, stepping r,l,r (6.00)

5&6 Touch left heel fwd, step left back, point right toe to right

7-8 Cross right behind left, unwind ½ right (weight on left) (12.00)

## **33-40 Rock Step, Recover, Sailor ½ Right, Press Left, Recover, Chasse Left**

1-2 Rock right fwd, weight back on left

3&4 ½ Sailor right, stepping r,l,r (6.00)

5-6 Press left fwd, weight back on right

7&8 Step left to left, close right next to left, step left to left

## **41-48 Cross, Side, Sailor ¼ Right, & Step, Heel Bounces x3**

1-2 Cross right over left, step left to left

3&4 Cross right ¼ right behind left, step left to left, step right to right

&5 Step left fwd, step right next to left (2. Position)

6-8 Heel Bounces x3

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