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500 Reasons

40 Count, 4 Wall, Improver

Choreographer: Alison Biggs & Peter Metelnick (UK) Feb 2015

Choreographed to: 500 Reasons by Damien Leith
(3:26 – 110 bpm)

32 count intro – start on vocal.

1-8 L box fwd, R touch out-in-side step, L behind-side-cross, ½ L hinge cross

1&2 Step L side, step R together, step L forward

3&4 Touch R side, touch R together, step R side

5&6 Cross step L behind R, step R side, cross step L over R

BIG ENDING during wall 8: Dance to count 6 & add the following:

Turning ¼ left step R back, turning ½ left step L forward, walk forward R, L, R

7&8 Turning ¼ left step R back, turning ¼ left step L side, cross step R over L (6 o'clock)

9-16 L step touch, R kick, R back, L cross strut, R side strut, L back rock/recover/side, R back rock/recover/side

1&2& Step L side, touch R together, kick R on right diagonal, step R back

3&4& Cross touch L toes over R, step L heel down, touch R toes side, step R heel down

5&6 Rock L back, recover weight on R, step L side

7&8 Rock R back, recover weight on L, step R side

17-24 L behind-side-cross, R complete box back, ½ L chase turn

1&2 Cross step L behind R, step R side, cross step L over R

3&4 Step R side, step L together, step R back

5&6 Step L side, step R together, step L forward

7&8 Step R forward, pivot ½ left, step R forward (12 o'clock)

25-32 L fwd, ¼ R pivot turn, cross L over R, R & L mambos without hesitation, ¼ R Monterey, R side touch, step R to R diagonal

1&2 Step L forward, pivot ¼ right, cross step L over R (3 o'clock)

3&4& Rock R side, recover weight on L, step R together, rock L side

5&6& Recover weight on R, step L together, touch R side, turning ¼ right step R together (6 o'clock)

7&8& Touch L side, step L together, touch R side, step R towards right diagonal

33-40 L & R fwd sambas, ½ R chase turn, ¾ L turn, R cross step

1&2 Cross step L over R, rock R side, recover weight on L (slightly forward in line of dance)

3&4 Cross step R over L, rock L side, recover weight on R (slightly forward in line of dance)

5&6 Step L forward, pivot ½ right, step L forward (12 o'clock)

7&8 Turning ½ left step R back, turning ¼ left step L side, cross step R over L (3 o'clock)

Easier option 7&8: Turn ¼ right: Cross step R over L, step L side, cross step R over L