

21 Reasons

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Choreographed by: Lucy Cooper (UK) Jul 2022

Choreographed to: 21 Reasons by Nathan Dawe feat Ella Henderson

Intro: 8 Counts. Start at approx 4 secs.

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CDOSS SIDE SAILOD STED DACK DOCK STED DIVOT 1/ D.W. KNEE DOD

1-2	Cross R over L, step L to side
3&4	Cross R behind L, step L to side, step R to side
5-6	Rock L back, recover onto R
7-8	Step L forward, quickly pivot ½ R leaving weight on L and popping R knee (6:00)
SEC 2	WALK, WALK, FORWARD LOCK, PRESS, RECOVER, BACK, COASTER STEP
1-2	Walk R forward, walk L forward,
3&4	Step R forward, lock L behind, step R forward
5-6	Press L forward, recover onto R
Option	Rolling hips from L to R
7-8&	Step L back, step R back, step L beside R
SEC 3	DOROTHY STEP, HEEL, HOLD, BALL, CROSS ROCK, SIDE ROCK, SWEEP KICK
1-2&	Step R forward to R diagonal, lock L behind, step R forward to R diagonal
3-4&	Touch L heel to L forward diagonal, hold, ball step L beside R
5-6	Cross rock R over L, recover onto L
7-8	Rock R to R side, recover onto L as you kick your R into a sweep forward and across L
SEC 4	SYNCOPATED JAZZ BOX CROSS, HOLD, SIDE, BACK ROCK, ½ R W, HITCH
1-2&	Cross R over L, step L back, step R to side
3-4&	Cross L over R, Hold, ball step R to R side
5-6	Rock L back, recover onto R
7-8	Step L back turning ¼ R, hitch R knee turning ¼ R (12:00)
SEC 5	L DIAGONAL SIDE, HOLD, BALL, SIDE, ¼ R TOUCH, SIDE, HOLD, BALL, SIDE, TOUCH 1/8 L
1-2&	Turn body to L diagonal stepping R to side, hold, ball step L beside R (10:30)
3-4	Step R to side, touch L beside R as you turn ¼ to R diagonal (1:30)
5-6&	Step L to L side, Hold, ball step R beside L
7-8	Step L to L side, touch R beside L straightening up to 12:00 (12:00)
SEC 6	SIDE, POINT, ½ L, SAILOR STEP, BEHIND, SIDE, CROSS, SIDE CROSS
1-2	Step R to R side, point L to L side (twisting body slightly R in prep for L turn)
3-4	Step L forward turning ¼ L, step R to side turning ¼ R (6:00)
5&6	Cross L behind R, step R to side, step L to side
7&8&	Cross R behind L, step L to side, Cross R in-front of L, step L to L side

