



Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 TWINKLE, STEP SWEEP, CROSS, ¼ BACK, ¼ SIDE, PAUSE AND ROTATE

- 1-2-3 Cross LF over RF, Step RF to R diagonal, Step LF to L diagonal
4-5-6 Cross RF over LF, Sweep LF from back to front over 2 counts
1-2-3 Cross LF over RF, Make a ¼ turn L step back on RF, Make a ¼ turn L step LF to L side (6:00)
4-5-6 Rotate upper body to L over 3 counts

SEC 2 TRAVELLING FULL TURN, CROSS, SIDE, ¼ BACK, CLOSE, HOLD X2, STEP, SWEEP

- 1-2-3 Make a ¼ turn R step forward on RF, Make a ½ turn R step back on LF, Make a ¼ turn R step RF to R side (6:00)
4-5-6 Cross LF over RF, Step RF to R side, Make a ¼ turn L and step back on LF (3:00)
1-2-3 Close RF next to LF, Hold for 2 counts
4-5-6 Step forward on LF, Sweep RF from back to front over 2 counts

SEC 3 WEAVE ¼ L, HIGH SWEEP ½ TURN, CROSS ROCK, SIDE, FULL TURN SPIRAL, STEP

- 1-2-3 Cross RF over LF, Step LF to L side, Cross RF behind LF
4-5-6 Make a ¼ turn L step forward on LF, Make a ½ turn L sweeping RF around in the air (6:00)
1-2-3 Cross rock RF over LF, Recover onto LF, Step RF to R side
4-5-6 Cross LF over RF, Unwind a full turn over R shoulder, Step RF to R side (6:00)

SEC 4 CROSS ROCK, SIDE, CROSS ROCK, SIDE, CROSS ROCK, SIDE, FULL TURN SPIRAL

- 1-2-3 Cross rock LF over RF, Recover onto RF, Step LF to L side
4-5-6 Cross rock, RF over LF, Recover onto LF, Step RF to R side
1-2-3 Cross rock LF over RF, Recover onto RF, Step LF to L side
4-5-6 Cross RF over LF, Unwind a full turn over L shoulder, Keep weight on RF (6:00)

SEC 5 ½ DIAMOND, COASTER STEP, STEP, HOLD X2, ½ TURN RISE

- 1-2-3 Step LF to L diagonal, make a ¼ turn L and step RF to R side, Make a ⅛ turn L and step back on LF (1:30)
4-5-6 Step back on RF, Close RF next to LF making a ⅛ turn L, Step forward on RF (12:00)
1-2-3 Step forward on LF (lowering through knees)
Arms Place hands in front of face and pull hands apart over 3 counts
4-5-6 Make a ½ turn R over 3 counts straightening knees and transferring weight onto RF (6:00)

SEC 6 CROSS, POINT, HOLD, MODIFIED FULL TURN MONTEREY, CROSS, SIDE, ¼ SIDE, CROSS, SWEEP

- 1-2-3 Cross LF over RF, Point RF to R side, Hold
4-5-6 Make a ½ turn R closing RF next to LF, Make a ½ turn R and rock LF to L side, Recover onto RF (6:00)
1-2-3 Cross LF over RF, Make a ¼ turn L and step back on RF, Step LF to L side
4-5-6 Make a ⅛ turn L and step forward on RF, Sweep LF from back to front over 2 counts (1:30)

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SEC 7 SLOW WALKS X 2, ¼ BALLET WALTZ STEP X2

- 1-2-3 Step forward on LF, Slowly drag RF towards LF over 2 counts
- 4-5-6 Step forward on RF, Slowly drag LF towards RF over 2 counts
- 1-2-3 Make a ¼ turn L and step LF to L side, Rock back slightly on RF, Recover onto LF (4:30)
- 4-5-6 Step RF to R side, Rock back slightly on LF, Recover onto RF

SEC 8 ¼ STEP, ¼ POINT, TOUCH, ¼ STEP, ¼ POINT, TOUCH, STEP, ½ PIVOT, STEP, SLOW WALK WITH DRAG

- 1-2-3 Make a ¼ turn L and step forward on LF, Make a ¼ turn L and point RF to R side, Touch RF next to LF (10:30)
- 4-5-6 Make a ¼ turn R and step forward on RF, Make a ¼ turn R and point LF to L side, Touch LF next to RF (4:30)
- 1-2-3 Make a ¼ turn L and step forward on LF, Step forward on RF, Make a ½ pivot turn L (7:30)
- 4-5-6 Take a step forward on RF, drag LF towards RF over 2 counts

Choreographers Note:

This dance is dedicated to all Line Dance choreographers, Instructors and dancers that have been touched with depression in one form or another.

Please know you are not alone and we are all here to help each other.
If you are going through a hard time there are organisations that can help.

Samaritans UK +44 116123
Suicide prevention line UK +44 0800 6895652
Lifeline US +1 998
Suicide Ecoute France +33 014 539 4000
findahelpline.com Universal.

