

# YOU ARE THE REASON

Music: Calum Scott

<https://you-are-the-reason.mp3quack.com>

Time 3:31 Slow Down w/ 2%

Rhythm: Slow Two Step Phase: V+2U (Turn Into Romantic Sway's + Horseshoe Turn)

Footwork: Opposite except where (Noted)

Release Date: July 20

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

E-mail: [jos.dierickx@telenet.be](mailto:jos.dierickx@telenet.be)

Sequence: INTRO AB AB C B(1-12) END



## INTRO

### 01-04 LOOSE CP WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; FULL BASIC to Pickg Up in Low Bfly ; ;

{Wait} Loose CP Wall ld ft free wt 2 meas ; ; {Full Basic to Pickg Up in Low Bfly} Sd L, -, XRib (W XLib), rec L ; Sd R, -, XLib, rec R (W sd L, -, XRib, fwd L trng LF to fold ifo M) to low BFLY DLW ;

### 05-08 TRAVELING CROSS CHASSE 4 TIMES ENDING to CP WALL ; ; ; ;

{Trav Cross Chasse x 4 to CP WALL} Trng sltly LF fwd L to LOD, -, w/ r-shldr ld sd & fwd R twd DLC, cl L ; Trng RF fwd R twd LOD, -, w/ lft-shldr ld sd & fwd L twd DLW, cl R ; Repeat meas 5 Intro ; Trng RF fwd R twd LOD, -, contg to turn RF sd & fwd L twd WALL, cl R to BFLY WALL & Pickg Up ;

## PART A

### 01-04 LEFT TURN w/ INSIDE ROLL ; BASIC ENDING ; UNDERARM TURN W & M to Manvrg ; ;

{Left Turn w/ Insd Roll} Fwd L com LF trn raisg jnd ld-hnds to ld W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R com LF trn, -, sd L trng LF undr ld-hnds, contg LF trn sd R) to CP COH ; {Basic Ending} Sd R, -, XLib, rec R to Loose CP COH ; {Underarm Turn W & M to Manvrg} Sd L raisg jnd ld-hnds palm-to-palm, -, XRib, rec L (W sd R com RF trn undr jnd ld-hnds, -, XLif cont RF trn ½, rec R compg full trn) to BFLY COH ; Relg ld-hnds sd R raisg jnd trl-hnds comm RF trn undr trl-hnds, -, XLif cont RF trn ½, rec R compg full turn (W sd L raisg trl-hnds, -, XRif, rec L) to BFLY WALL & Manvrg ;

### 05-08 RIGHT TURN w/ OUTSIDE ROLL ; HORSESHOE TURN ; ; BASIC ENDING ;

{Right Turn w/ Outsd Roll} Sd & bk L Xifo W, -, raisg jnd ld-hnds to ld W's RF trn sd & bk R trng ¼ RF, XLif (W fwd R com RF twrl undr ld-hnds, -, fwd L contg to trn, fwd & sd R contg to trn to fc ptr) to BFLY WALL ; {Horseshoe Turn} [Release tl-hnds & extend to sd] Sd R trng RF to fc RLOD, -, fwd L w/ checking action, rec R (W [Release tl-hnds & extg to sd] sd L trng LF to fc LOD, -, fwd R w/ checkg action, rec L) end LOP RLOD ; Fwd L comm circular walk CCW, -, raisg jnd ld-hnds fwd R cont circular walk, fwd L complg circular walk (W fwd R comm RF circular walk CW, -, fwd L cont RF circular walk under jnd ld-hnds, fwd R complete circular walk) to BFLY COH ; {Basic Ending} Repeat meas 2 Part A to BFLY COH ;

### 09-12 DBL HAND UNDERARM TURN to STACKED HANDS ; OP BREAK to FACE ; CHANGE SIDES/W UNDERARM ;

#### OP BASIC ENDING ;

{Dbl Handhold Undrm Trn} [With both hands jnd above lady's head] Sd L, -, XRib lead ptr under dbl hd hold, rec fwd L Stacked lft- over rt-hnds (W fwd R, -, fwd L RF trn under dbl hd hold, fwd R stacked hnds lft- over rt-hnds) fcg ptr to Stacked Hnds COH ; {Stacked Hnds Open Break} With stacked hnds Sd R, -, rk apt L, rec R to W's r-sd ; {Change Sides /W Underarm} Fwd L to COH chg sds CW lead W trn under stacked hds, -, sd R, XLif (W fwd R to WALL LF trn under stacked hds chg sds, -, sd L, XRif) to BFLY WALL ; {OP Basic Ending} Sd R trng to ½ LF rlsng ld-hnds OP LOD, -, XLib (XRib) rec R startg to fold ifo W ;

### 13-16 THE SQUARE to Pickg Up ; ; ; ;

{The Square} [Like a switch] M Xifo W sd L, -, trng RF to step sd R twd COH in L ½ OP, XLif (W fwd R, -, sd L twd COH, XRif startg to Xifo M) ; Fwd R, -, sd L twd RLOD, XRif startg to Xifo W (W [like a switch] Xif of M sd L, -, trng RF to step sd R twd RLOD in ½ OP, XLif) ; [Like a switch] M Xifo W sd L, -, trng RF to step sd R twd WALL in L ½ OP, XLif (W fwd R, -, sd L twd WALL, XRif startg to Xifo M) ; Fwd R, -, sd L twd LOD, XRif (W [like a switch] Xif of M sd L, -, trng RF to step sd R twd LOD in ½ OP, XLif) to Picking Up ;

## PART B

### 01-04 TRIPLE TRAVELER ; ; ; TUNNEL EXIT ;

**{Triple Traveler}** Fwd L trn LF slightly fc DC, -, sd & fwd R, fwd L LOD (*W bk R trn LF, -, sd L under ld-hnds, cont LF trng bk R fc wall*) ; Fwd R spiral LF under jnd hnds, -, fwd L, fwd R (*W trn to fc LOD fwd L, -, fwd R, fwd L*) bringing hnds to shoulder level ; Fwd L bringing jnd hnds down & bk, -, fwd R, fwd L bringing hnds up & around leading W to roll RF (*W fwd R comm RF trn, -, sd & bk L trng RF under jnd hnds, cont RF trn fwd R*) ; **{Tunnel Exit}** Fwd R ckg leading W around in front, rec L, rec R trng LF under jnd ld-hnds (*W fwd L around M, fwd R, fwd L*) to LOP RLOD ;

### 05-08 SPIRAL CROSS CHASSE ; OP BASIC ENDING ; TWO SWITCHES ; ;

**{Spiral Cross Chasse}** Fwd L spiral RF (*W LF*), -, sd R, XLIF to BFLY WALL ; **{OP Basic Ending}** Repeat meas 12 Part A ; **{Switches x 2}** Sd L Xg ifo W to ½ LOP, -, fwd R, fwd L (*W fwd R, -, fwd L, fwd R*) ; Fwd R, -, fwd L to ½ OP LOD, fwd R (*W sd L Xg ifo M, fwd R to ½ OP, fwd L*) to ½ OP LOD ;

### 09-12 LUNGE BASIC w/ ARMS TWICE ; ; SIDE & CROSS CHECK to BJO DLW/ W DEVELOPE ;

#### **BACK & SYNCOPATED HIP ROCK to Pickg Up in Low Bfly ;**

**{Lunge Basic w/ Arms x 2}** Sd L to fcg ptr extend ld-arm to sd, -, rec R, XLif (*W XRif*) ; Sd R to fcg ptr extend tl-arm to sd, -, rec L, XRif (*W XLif*) ; **{Sd & Cross Check to BJO/W Developpe}** Sd L, -, XRif at W' rt-sd ptr/swvlg on R foot LF DLW, pt R sd & bk to DRC, hold shaping twd W to BJO DLW (*W sd R, -, bk L/swvlg LF on L foot to fc DRC, bring R foot [w/ toe pointed down] up L leg to insd of L knee, extend R foot fwd*) ; **{Bk & Syncopated Hip Rock to Pickg Up in Low Bfly}** [SQ&Q] Bk L trng to loose CP, -, hip rk sd R/hip rk sd L, hip rk bk R swiv LF to Pickg Up in Low Bfly ;

### 13-16 TRAVELING CROSS CHASSE FOR TIMES ENDING to BFLY WALL [1<sup>st</sup> TIME: To Pickg Up] ; ; ; ;

**{Trav Cross Chasse x 4 to CP WALL}** Repeat meas 5,6,7 & 8 Intro end to BFLY WALL & [1<sup>st</sup> TIME: To Pickg Up] ; ; ; ;

## PART C

### 01-04 ALTERNATING PATTY CAKE FOUR TIMES ; ; ; ;

**{Alternating Patty Cake x 4}** [jng lft-hnds] Sd L, -, trng ¼ RF rk bk R extend trl-arm to sd, rec L trng ¼ LF to fcg ptr (*W [jng lft-hnds] sd R, -, trng RF rk fwd L extend ld-arm to sd, rec R trng ¼ LF*) to BFLY WALL ; [jng rt-hnds] Sd R, -, trng ¼ LF rk bk L to OP LOD extend ld-arm to sd, rec R trng ¼ RF to fc ptr (*W [jng rt hnds] sd L, -, trng ¼ LF rk fwd R extend trl-arm to sd, rec L trng ¼ RF to fc ptr*) ; Repeat meas 1,2 Part C ; ;

### 05-08 SPOT TURN TWICE ; ; TURN INTO ROMANTIC SWAY's to Pickg Up ; ;

**{Spot Turn x 2}** Releasg hnds Sd L, -, XRif trng ½ LF, rec L to fc ptr ; Sd R, -, XLif trng ½ RF, rec R to fc ptr ; **{Turn Into Romantic Sway's}** Release ld-hnds Sd L & swiv LF (*W RF*) to bk-to-bk sweep ld-hnds up & around to end stretched out to sd at shoulder level, -, hip rk sd R, hip rk rec L ; Sd R and swiv RF (*W LF*) to fc ptr & Low Bfly, -, hip rk sd L, hip rk cl R to BFLY WALL & Pickg Up ;

## ENDING

### 01-02 PREPARE to AIDA ; AIDA LINE & EXTEND FREE ARMS ;

**{Prep to Aida}** Sd L w/ bdy rise to "V", -, thru R startg to bring trl hnds thru, sd L trng RF (*W LF*) to fcg ptr ; **{Aida Line & Extend Free Arms}** [S] Cont RF turn XLib (*W XRib*) to a "V" bk-to-bk pos to RLOD & exteng trl-arms Up & Out ;