

YOU ARE THE REASON

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MUSIC: Calum Scott & Leona Lewis - "You Are The Reason" **RELEASED:** January 2020

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SEQUENCE: Intro, A, B, A, B Mod, C, B Mod, Ending **SPEED:** No adjustment

RHYTHM: Slow Two-Step **PHASE:** V+2 **FOOTWORK:** Described for M - W opp (or as noted)

INTRO

1 - 3 WAIT 1 MEAS; SIDE ROCK 4;;

- 1 - Wait 1 meas in TANDEM POS M BEHIND W FCING WALL w/L foot free for both pointed sd LOD M's hands on front of W's hips and W's hands on top of M's; **NOTE:** Same footwork until meas 5 Part A.
- ss 2 - Sd L rolling L rib cage fwd & bk,-, sd R rolling R rib cage fwd & bk,-;
- 3 - Repeat meas 2; **NOTE:** Side Rocks start with Piano music.

PART A

1 - 4 2 SHADOW BREAKS LADY CARESS;; M SWITCH & RIFF LADY SPIRAL & ROLL FC COH; SIDE LUNGE REC CLOSE LADY FACE TOUCH STACK HANDS;

- 1 - Sd L trng 1/8 RF leaving L hand on W's L hip & taking R arm out to sd,-, bk R, rec L (sd L trng 1/8 RF leaving L hand on top of M's at L hip,-, bk R using R hand to caress R sd of M's fc, rec L) to end fcng DRW;
- 2 - Fwd & sd R trng ¼ LF taking R hand to W's R hip & L arm out to sd,-, bk L, rec R (fwd & sd R trng ¼ LF placing R hand on top of M's at R hip,-, bk L using L hand to caress L sd of M's fc, rec R) to end fcng DLW;
- 3 - Fwd L twd DLW trn sharply RF to fc COH,-, sd R LOD toeing out/spin RF, cl L to R (fwd L LOD, spiral 7/8 RF, fwd R cont RF trn, fwd L cont RF trn) to TANDEM POS FCING COH M BEHIND W;
- sqq 4 - Sd R flexing knee & extend R arm sd to LOD,-, rec L, cl R to L (sd R flexing knee & extend R arm to LOD,-, (sQ-) rec L trng LF, cont LF trn tch R to L to fc M) to end M fcng COH stack hands R over L;

5 - 8 CROSS HAND UNDERARM; HANG ON OPEN BREAK TO; LADIES SPIRAL CROSS CHASSE w/M'S HEAD LOOP; & OPEN BASIC w/M'S HEAD LOOP;

- 5 - Sd L raising R hands & joining L hands low,-, bk R taking R arm over W's head, rec L taking L arm over W's head (sd R,-, fwd & across L trng RF first under joined R hands, then L hands fwd R cont RF trn);
- 6 - Keeping hands joined now L over R sd R,-, apart L, rec R;
- 7 - Trng RF sd L twd COH leading W to spiral first under L hands then R as L hands lower,-, rec R cont RF trn bringing L hands thru twd WALL as you loop R hands over head & release, XLIF of R raising L hands between you (fwd R twd WALL, spiral ¾ LF to fc RLOD, cont LF trn sd & fwd L, XRIF of L);
- 8 - Trng LF (RF) sd & bk R scooping ptr up w/R arm while taking L hands over head & release,-, XLIB of R, rec R to end in V-shape ½ OPEN POS FCING COH;

9 -12 SQUARE ¼; LADY FLIP FLOP;; OPEN BASIC;

- 9 - Fwd L trng RF moving in front of W,-, sd R twd RLOD, XLIF of R (fwd R,-, sd L twd RLOD, XRIF of L) to end in V-shape LEFT ½ OPEN POS FCING RLOD;
- 10 - Fwd R leading W across & scooping ptr up w/R arm,-, fwd & sd L, fwd & across R (fwd L DRC changing sides & sharply trng RF,-, fwd & sd R, fwd & across L) to end in V-shape ½ OPEN POS FCING RLOD;
- 11 - Fwd L leading W across & scooping ptr up w/L arm,-, fwd & sd R, fwd & across L (fwd R DRW changing sides & sharply trng LF,-, fwd & sd L, fwd & across R) to end in V-shape LEFT ½ OPEN POS FCING RLOD;
- 12 - Trng LF sd R release ptr from lead arm & scooping ptr up w/R arm to V-shape ½ OPEN POS FCING LOD,-, XLIB of R, rec R comm RF trn;

13-16 UNDERARM TRN M HOOK TRN w/ARM SWEEP TO; SHOULDER WHEEL; TURNING BASIC LADY ROLL R TO CLOSED; BASIC ENDING;

- 13 - Trng RF sd L joining lead hands high,-, cont RF trn XRIB of L for hook turn as you sweep R arm in & up, cont RF trn fwd L as you cont R arm sweep up & out between ptrs (sd & fwd R,-, fwd & across L trng RF under joined lead hands, fwd R cont RF trn) to end M fcng DLW & W to his R fcng DRC w/lead hands joined behind M's bk;
- 14 - Wheel RF fwd R cont R arm sweep to place R hand on W's L shldr,-, fwd L, fwd R (w/strong L sd leading wheel fwd L,-, fwd R, fwd L making sure to sway R & keep head to R) lead hands still joined behind M's bk;
- 15 - Fwd & sd L twd COH trng RF release joined lead hands & lead W w/R hand to roll,-, cont RF trn XRIB of L, rec L (fwd R RLOD comm RF roll,-, fwd L cont trn, fwd R completing 1 ¼ RF roll to fc COH);
- 16 - Blend to CP WALL Sd R,-, XLIB of R, rec R;

PART B**1 - 4 TWIST VINE 3; MANEUVER PIVOT FC WALL; TWIST VINE 3; MANEUVER PIVOT TO;**

- 1 - Trng RF sd L,-, XRIB of L, trng LF sd & fwd L LOD to BJO DLW;
- 2 - Fwd R trng RF to CP DRW,-, cont RF trn bk L LOD pivot 3/8 RF, cont RF trn fwd R LOD pivot ¼ RF to CP WALL;
- 3 - Trng RF sd L,-, XRIB of L, trng LF sd & fwd L LOD to BJO DLW;
- 4 - Fwd R trng RF to CP DRW,-, cont RF trn bk L LOD pivot 3/8 RF, cont RF trn fwd R LOD pivot ¼ RF to CP WALL;

5 - 8 SD LUNGE RECOVER LADY SPIN TO WRAP TCH; IN & OUT SWEETHEART RUN;;
LEFT TURN INSIDE ROLL;

- ss 5 - Sd L flexing L knee,-, rec R trng slightly LF tch L to R (sd R flexing knee,-, rec L toe pointing DRC/spin ½ LF under joined lead hands tch R to L) to end in WRAP POS FCING DLW,-;
- 6 - Fwd L leading W in front,-, sd & fwd R, fwd L (fwd & across R in front of M,-, fwd L, fwd R) to L WRAP LOD;
- 7 - Fwd R leading W in front,-, sd & fwd L, fwd R (fwd & across L in front of M,-, fwd R, fwd L) to WRAP LOD;
- 8 - Fwd L raising lead hands & releasing trail hands,-, fwd & sd R, fwd & across L (fwd & across R, spiral 7/8 LF, cont LF trn fwd & sd L, fwd R cont trng LF under joined lead hands) to end in L OPEN POS V-SHAPE LOD;

9 -13 LADY LARIAT M SD CHK & ROCK HEAD REV; NOW ALL SLOW FWD TO FALLAWAY RONDE;
BACK & ROLL 2;-,- TO SIDE LUNGE,-; RECOVER CLOSE TO CUDDLE;

- 9 - Fwd & sd R chk,-, turn LF rk sd L, rk sd & bk R to fc RLOD taking lead arm over head leading W's lariat (fwd & sd L shaping RF to M,-, strongly curving RF around M fwd R, fwd L) to end in L OPEN POS FCING RLOD;
- ss 10 - Fwd L to RLOD,-, fwd R trng LF to join trail hands as you ronde L ft CCW sd & bk to OPEN POS FCING LOD,-;
- ss 11 - Bk L RLOD,-, trng RF sd & fwd R RLOD releasing trail hands,-;
- ss 12 - XLIF of R cont trng RF,-, completing RF roll lunge sd R RLOD extending trail arm to sd,-;
- ss 13 - Rec L as you blend to CUDDLE POS placing hands on W's shoulder blades,-, cl R to L (hands on M's shoulders) to CUDDLE POS M FCING WALL,-;

14-16 SIDE TO HINGE &; EXTEND w/LADIES ARMS OUT; REC TOUCH TO TANDEM WALL;

- s-- 14 - Sd,-, rotate slightly trng W LF to lead W to cross behind (sd R,-, trng LF XLIB of R) still in CUDDLE POS but
- (SS) now in a high Hinge Line,-;
- 15 - Lower slightly to extend the hinge line through measure keeping back straight & supporting W as needed (lower slightly to extend the hinge line taking both arms out to sd head well to L);
- s-- 16 - Rec R trng slightly RF to fc WALL,-, tch L to R placing hands on front of W's hips (raising R arm straight up rec R trng LF to fc WALL,-, tch L to R) to end as in Intro TANDEM POS FCING WALL M BEHIND W,-;

PART A**PART B (MOD)****1 - 4 TWIST VINE 3; MANEUVER PIVOT FC WALL; TWIST VINE 3; MANEUVER PIVOT TO;**

- 1-4 - Repeat measures 1 thru 4 of Part B;;;;

5 - 8 SD LUNGE RECOVER LADY SPIN TO WRAP TCH; IN & OUT SWEETHEART RUN;;
LEFT TURN INSIDE ROLL;

- 5-8 - Repeat measures 5 thru 8 of Part B;;;;

9 -12 LADY LARIAT M SD CHK & ROCK HEAD REV; NOW ALL SLOW FWD & FALLAWAY RONDE;
BACK TURN TO BFLY & SLOW LUNGE BASIC; TO CLOSED;

- 9-10 - Repeat measures 9 thru 10 of Part B;;
- ss 11 - Bk L RLOD,-, trng RF lunge sd R RLOD in BFLY POS M FCING WALL,-;
- ss 12 - Rec L as you blend to CP WALL,-, XRIF of L,-;

PART C**1 - 4 TRAVELING RIGHT TURN; w/OUTSIDE ROLL TO; HIP CHECK LADY RIFF TURN TO BFLY; LUNGE BASIC M IN FRONT HANDS LOW;**

- 1 - Folding RF in front of W sd & bk L to CP RLOD,-, XRIB of L pressure wgt, twist trn 5/8 RF on both feet to fc DLW & shift full wgt bk to L (fwd R LOD between M's feet,-, cont RF trn around M fwd L twd WALL, fwd R twd RLOD checking) to end CONTRA BJO M FCING DLW;
- 2 - Fwd R twd LOD outside ptr raising joined lead hands,-, fwd & sd L, fwd & across R releasing lead hand hold (bk L,-, trng RF fwd R under joined lead hands, fwd L cont RF trn) to end fcng partner & DLW w/M's R hand moving towards back of W's R hip preparing to stop her;
- Q (SQQ) 3 - Flex R knee to lower and point L ft fwd in sit line as you catch W's R hip to check her,-, rise trng slightly RF, cl L to R, (bk R twd DLW checking taking arms out to sd,-, takes arms up over head fwd L twd RLOD spin ¼ LF, cl R to L) to end BFLY M FCING WALL;
- 4 - Sd R flexing knee,-, rec L lowering hands, trng RF moving slightly past W XRIF of L (sd L flexing knee,-, rec R, trng slightly RF XLIF of R) to end low double hand hold M FCING PARTNER & DRW;

5 - 8 PULL PASS & RELEASE; M LOWER TO CATCH LADY & SEND HER BACK REV HANDS LOW; TRAVELING CROSS CHASSE FACE WALL; REVERSE UNDERARM TURN;

- s-Q (SQQ) 5 - Trng RF bk L LOD,-, trng RF to face DLC while strongly leading W fwd on inside of circle, sd & fwd R leaving L ft pointed sd & bk twd RLOD (W fwd R while delaying fwd body movement,-, fwd L, fwd R up to M's chest) release all hands after leading W to continue fwd down LOD passing you by in next measure;
- (SQQ) 6 - Lowering on R in lunge line catch front of W's R hip w/R hand extending L arm out to sd twd RLOD,-, lead W to back up twd RLOD as you rise back up shaping twd ptr (fwd lunge L LOD extending arms out to sd as M checks you,-, bk R, bk L) joining all hands low in front of hips;
- 7 - Trng LF fwd L RLOD,-, cont LF trn fwd & sd R twd RLOD, XLIF of R (bk R RLOD,-, trng LF bk & sd L twd RLOD, XRIF of L) to end M fcng ptr & almost WALL;
- 8 - Sd & fwd R,-, fwd & across L leading W to trn under, rec R trng LF (sd & fwd L,-, fwd & across R trng LF under joined lead hands, rec L cont LF trn);

9-12 SIDE DRAW CL (CLOSING UP); SLOW SIDE PROMENADE SWAY; & CHANGE TO OVERSWAY; SLOW REC TCH TO CP;

- ss 9 - Trng slightly LF sd L w/soft knee blending to CP FCING WALL,-, cl R to L,-;
- s-- 10 - Sd & fwd L,-, stretch body upward to look over joined lead hands to SCP LOD,-;
- 11 - Using whole measure relax L knee slightly keeping R leg extended with slight LF rotation through R hip stretch L sd of body swiveling W's R ft ¼ LF to CP look toward & over W cont to sway (head well to L) now in CP DLW;
- s-- 12 - Trng RF rec R,-, rising as you tch L to R to CP WALL,-;

ENDING**1 - 2 SIDE LUNGE w/ARM,-, RISE SWIVEL LADY,-; LADY CARESS & MELT DOWN;**

- s-- 1 - Sd & fwd L (R) LOD toe pointing DLW (DLC) softening in L knee as you extend lead arm twd LOD w/slight L (R) sway,-, rise straightening lead leg as you turn W LF square to you DLW leaving L arm out to sd (rise straightening lead leg allowing R ft to swvl ¼ LF trng square to M as R arm sweeps up),-;
- 2 - Using the rest of music relax lead knee allowing R ft to slide twds RLOD taking head down and L arm around W (using R arm to caress M as you relax lead knee allowing L ft to slide twd RLOD as in sit line and taking head down as you "melt" into partner);

NOTE: Timing is standard SQQ unless noted by side of measure and is reflective of actual weight changes.