

# No Change

Count: 32

Wall: 4

Level: Improver

Choreographer: John Sharman (UK) & Pete Cranwell (UK)

Music: Nothings Changed Here - Speed Limit



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## POINT AND POINT AND POINT, HOLD

- 1&2 Point left toe to left side, step on left, point right toe to right side  
&3-4 Step on right, point left toe to left side, hold for one beat.

## CROSS, UNWIND, RIGHT SHUFFLE

- 5-6 Cross left foot over right, unwind a half turn dropping your weight on your left foot  
7&8 Step forward on right, step on left beside right, step forward on right

## POINT AND POINT AND POINT, HOLD

- 9&10 Point left toe to left side, step on left, point right toe to right side  
&11-12 Step on right, point left toe to left side, hold for one beat

## CROSS, UNWIND, RIGHT SHUFFLE

- 13-14 Cross left foot over right, unwind a half turn dropping your weight on your left foot  
15&16 Step forward on right, step on left beside right, step forward on right

## STEP, HOLD AND STEP, HOLD

- 17-18 Step forward on left foot, hold for one beat  
&19-20 Step on right besides left, step forward on left, hold for one beat

## KICK-BALL POINT, SAILOR STEP

- 21&22 Kick right foot forward, step on right beside left, point left toe to left side  
23&24 Step on left behind right, step on right beside left, step left foot forward

## PADDLE TURN, PADDLE TURN

- 25-26 Step right foot forward, make a quarter turn left  
27-28 Step right foot forward, make a quarter turn left

## JAZZ BOX, TURN, TOUCH

- 29-30 Step on right over left, step back on left making a quarter turn right  
31-32 Step on right beside left, touch left toe beside right foot

## REPEAT

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