

Running Through The Changes

COPPER KNOB
STEPPERS

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Bob Reid (USA)

Music: Nothing I Can Do About It Now - Willie Nelson



ROCK, RECOVER, SHUFFLE TURN $\frac{1}{2}$, ROCK, RECOVER, SHUFFLE

- 1-2-3&4 Rock back on left, recover on right, shuffle forward left, right, left making a $\frac{1}{2}$ turn right
5-6-7&8 Rock back on right, recover on left, shuffle forward right, left, right

ROCK, RECOVER, $\frac{1}{2}$ TURN SHUFFLE, STEP, $\frac{1}{4}$ TURN, VINE

- 1-2-3&4 Rock forward left, recover on right, shuffle back left, right, left making a $\frac{1}{2}$ turn left
5-6-7&8 Step forward on right, turn $\frac{1}{4}$ left onto left, step right behind left, side left, cross right over left

SIDE, BEHIND, SIDE, HEEL FORWARD, BACK, CROSS, SIDE, BEHIND, SIDE, HEEL FORWARD, BACK, CROSS

- 1-2&3&4 Step side left, step right behind left, step back left, right heel forward, back right, cross left over right
5-6&7&8 Step side right, step left behind right, step back on right, left heel forward, back left cross right over left

SHUFFLE $\frac{1}{4}$ TURN, SHUFFLE $\frac{1}{4}$ TURN, SHUFFLE, STEP BACK, TOUCH

- 1&2-3&4 Side left, together right, side left turning $\frac{1}{4}$ right, side right, together left, side right turning $\frac{1}{4}$ right
5&6-7-8 Side left, together right, side left, step back on right, bring left back slightly and touch

CROSS, TURN $\frac{1}{4}$, SHUFFLE, CROSS, TURN $\frac{1}{4}$, SHUFFLE

- 1-2-3&4 Cross left over right, step back on right turning $\frac{1}{4}$ left, side left, together right, side left
5-6-7&8 Cross right over left, step back on left turning $\frac{1}{4}$ right, side right, together left, side right

CROSS ROCK, TURN $\frac{1}{4}$, SHUFFLE, STEP TURN $\frac{1}{4}$, SAILOR STEP

- 1-2-3&4 Cross left over right, recover on right, turn $\frac{1}{4}$ left and shuffle forward left, right, left
5-6-7&8 Step forward right, turn $\frac{1}{4}$ left onto left, step right behind left, side left, step right to right side

REPEAT

TAG

The tag is done after the first and after the second rotations only

- 1-4 Rock back on left, recover on right, rock forward on left, recover on right
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