Change (改變) (zh)

拍数: 32 **墙数:** 4 **级数:** Intermediate

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音乐: Change - Carrie Underwood

前奏： Start 16 Counts into music... 16拍後起跳

第一段 **NC2 Basic, Step ¼ Left, ½ Turn, Rock, Recover, ½ Turn, ¼ Turn, Step Across, ¼ Turn, Rock**
基本步, 左1/4, 1/2, 下沉, 回復, 1/2, 1/4, 交叉, 1/4, 下沉

1-2& Step R to right side, slide L behind R, recover on R
右足右踏, 左足滑向右足後踏, 右足回復

3-4& Step L forward with ¼ left, step R forward with ½ left, rock back on L (3:00)
左轉90度左足前踏, 右足前踏左轉180度, 左足後下沉(面向3點鐘)

5&6-7 Recover on R, step L forward with ½ right, step R out to R with ¼ R, step L across R <B(12:00)< B>(opening body up to right diagonal)
右足回復, 左足前踏右轉180度, 右轉90度右足右踏, 左足於右足前交叉踏(面向12點鐘)

8& Step R out to right while making ¼ turn left, rock back on L (9:00)
右足右踏左轉90度, 左足後下沉(面向9點鐘)

第二段 **Recover, Sweep, Coaster, ½ Pivot, Step Forward, ½ Turn, ¼ Turn, Rock, Recover, Step Out**
回復, 繞, 海岸步, 1/2, 踏, 1/2, 1/4, 下沉, 回復, 側踏

1-2& Recover forward on R, sweep L around to front of R putting weight on L, step back on R
右足回復, 左足繞至前踏, 右足後踏

3&4 Step L next to R, step forward on R, turn ½ to left putting weight on L (3:00) 左足併踏, 右足前踏, 左轉180度重心在左足(面向3點鐘)

5-6& Step R forward, step L forward with ½ turn right, step R out with ¼ turn right (12:00)
右足前踏, 左足前踏右轉180度, 右足右踏右轉90度(面向12點鐘)

7&8 Rock L behind R, recover on R, step L out to L (while sliding R toward L) 左足於右足後下沉, 右足回復, 左足左踏(右足拖併)

1st RESTART: Happens on the second wall AFTER the first 16 counts
第二面牆跳至此, 從頭起跳

第三段 **Rock, Recover, ½ Turn, Rock, Touch, Full Turn, Step, Chase ½ Turn With Touch 下沉, 回復, 1/2, 下沉, 點, 轉圈, 踏, 轉帶點**

1-2& Rock R behind L coming up on toes of L, recover on L, step R forward with ½ turn (6:00)
右足後下沉, 左足回復, 右足前踏左轉180度(面向6點鐘)

3& Rock L behind R, touch R toes in front of L
左足於右足後下沉, 右足趾前點

4&5 Step R forward with ¼ turn R, step L forward with ¼ turn R, step R forward with ½ turn R <B(6:00)< B>
右足前踏右轉90度, 左足前踏右轉90度, 右足前踏右轉180度(面向6點鐘)
4&5 should all be in one fluid motion to make the turn
4&5做一個流暢的轉圈動作

6-7&8 Step L forward, step R forward, ½ pivot left putting weight on L,touch R next to L (12:00)
左足前踏, 右足前踏, 左軸轉180度, 右足併點(面向12點鐘)

第四段 **Cross Step, Cross Step, Chase ¼ Turn, Press, Sweep ½ Turn, Behind-Side-Cross, Sway, Sway**
交叉, 交叉, 側下沉 轉1/4, 壓, 繞 1/2, 後旁交叉, 擺臂

1-2 Step R over L (raising leg up slightly), step L over R (raising leg up slightly)
右足於左足前交叉踏(腿略抬起), 左足於右足前交叉踏(腿略抬起)

3&4& Rock R out to R, recover on L with ¼ turn L, step R forward, press ball of L forward (9:00)
右足右下沉, 左足回復左轉90度, 右足前踏, 左足前壓(面向9點鐘)

2nd RESTART: Happens on the third wall AFTER the first 28& counts
第三面牆跳至此從頭起跳

5-6 Step down on R while sweeping L around with ½ turn to L, step L behind R (3:00) 右足踏, 左足繞左轉180度左足踏(面向3點鐘)

&7	Step R out to R, cross step L over R 右足右踏, 左足於右足前交叉踏
8&	Step R slightly out to right and sway hips to right, sway hips to left putting weight onto left 右足略右踏右擺臀, 左擺臀重心在左足