拍数： 32
壇数： 2
级数：Intermediate NC
编舞者：Alison Metelnick（UK）\＆Peter Metelnick（UK）－July 2018
音乐：Switch－Derek Ryan

Start after 16 count intro on vocals－approx．17secs－ 4 mins 03secs－116bpm
Music available：Amazon
［1－8］R NC basic， $1 / 4 L, R$ fwd， $1 / 2 L$ pivot turn， $1 / 4 L, L$ behind／dip， $1 / 4 R, L$ fwd， $1 / 2 R$ pivot turn，$L$ fwd，$L$ full turn fwd （or run fwd 2）

1－2\＆3
\＆4\＆5
687
\＆8\＆

Step $R$ side，rock $L$ back，recover weight on $R$ ，turning $1 / 4$ left step $L$ forward（9 o＇clock）
Step $R$ forward，pivot $1 / 2$ left，turning $1 / 4$ left step $R$ side，cross step $L$ behind $R$（dip）（12 o＇clock）
Turning $1 / 4$ right step $R$ forward，step $L$ forward，pivot $1 / 2$ right（ 9 o＇clock）
Step $L$ forward，turning $1 / 2$ left step $R$ back，turning $1 / 2$ left step $L$ forward（OR run forward $R, L$ ） （9 o＇clock）
［9－16］R fwd rock／recover，$R$ back，$L$ fwd rock／recover，$L$ side rock／recover，$L$ cross behind，$R$ side rock／recover，$R$ cross behind， $1 / 8 L$ turn to diagonal，$R$ fwd， $1 / 2 L$ to opposite diagonal
1－2\＆$\quad$ Rock $R$ forward，recover weight on $L$ ，step $R$ back

3\＆4\＆Rock $L$ forward，recover weight on $R$ ，rock $L$ side，recover weight on $R$
5－6\＆7 Cross step $L$ behind $R$ whilst sweeping $R$ from front to back，cross step $R$ behind $L$ ，step $L$ side，cross $R$ over $L$
\＆8\＆Turning towards left diagonal step L forward，step R forward，pivot $1 / 2$ left ending facing diagonal（1 o＇clock）
［17－24］$R$ fwd，run fwd $2, L$ fwd \＆$R$ lift， $1 \& 1 / 2 R$ turn to opposite diagonal／or $1 / 2 R$ and run $2, L$ fwd rock／recover， $L$ back big step dragging $R$ in，$R$ back rock／recover
1－2\＆3 Towards diagonal step $R$ forward，run forward $L$ \＆$R$ ，step $L$ forward as you lift／hitch $R$ up slightly（prep turn）
WALL 4 RESTART：Dance first 19 counts，turn $1 / 2$ right and step forward R，L for counts 20\＆turning to 12 o＇clock to start dance again
4\＆5 Turning $1 / 2$ right step forward，turning $1 / 2$ right step L back，turning $1 / 2$ right step R forward to end facing diagonal
（ 7 o＇clock）OR turn $1 / 2$ right and run forward $R, L, R$
WALL 5 RESTART／ONE STEP TAG：Dance first 21 counts－add one more step crossing L over R，start dance again
（6 o＇clock）
6\＆7 Rock $L$ forward，recover weight on $R$ ，big step back $L$ while dragging together
8\＆Rock R back，recover weight on（7 o＇clock）
WALL 2 RESTART：Dance first $24 \&$ counts，turn to 12 o＇clock and begin the dance again facing front wall
［25－32］ $1 / 4 L \&$ hitch，$L$ full turn／or $L$ vine，$R$ cross step，$L$ side rock／recover，$L$ cross step， $1 / 4 L \& R$ back，$L$ back rock／recover，$L$ forward），$R$ fwd， $1 / 2 L$ pivot turn
1－2\＆3 Turning $1 / 4$ left step $R$ back whilst hitching $L$ knee，turning $1 / 4$ left step $L$ forward，turning $1 / 2$ left step $R$ back，turning $1 / 4$ left step $L$ side（ 3 o＇clock）OR $1 / 4$ left \＆hitch and vine left
\＆4\＆5 Cross step $R$ over $L$ ，rock $L$ side，recover weight on $R$ ，cross step $L$ over $R$
6\＆7\＆Turning $1 / 4$ left step $R$ back，rock $L$ back，recover weight on $R$ ，step $L$ forward
8\＆ Step $R$ forward，pivot $1 / 2$ left（ 6 o＇clock）

ENDING：Final wall starts facing back wall，dance the first 12\＆counts and you will be facing $R$ side wall．To end facing front，turn $1 / 4$ left to face forward as you step $L$ back and strike a pose．

Contact - Tel: 01462735778 Email: info@thedancefactoryuk.co.uk Website: www.thedancefactoryuk.co.uk Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A\&P

Last Update - 20th July 2018

