

Changing!

拍数: 58 墙数: 2 级数: Intermediate +
编舞者: Stephen Paterson (AUS) - November 2018
音乐: Changing - Conrad Sewell : (Single - iTunes)



Tags and Restarts, 106 BPM, Start dance after 16 counts on the word 'Broke'

[1-8] Side, Rock Back, Recover, Side, Behind, Quarter Forward, Full Turn, Lunge Rock Across

- 1 2 3 4 Step right out to side, rock step left behind right, recover forward onto right in place, step left out to side
5 6 Step right behind left, turn 1/4 left then step left forward - 9.00
& 7 Turn 1/2 left then step right back (&), turn 1/2 left then step left forward
8 Lunge Rock Right across left - 9.00

[9-16] Recover, Sweep Five Eighths Hook, Cross, Hold, Side, Behind, Side, Across, Side, Rock Back, Recover

- 1 Recover weight back onto left in place, starting your 5/8 right turn, sweeping right out and around
2 Finish your 5/8 right turn by hooking right up to left shin - 4.30
3 4 Step right across left, hold
& 5 & Step left out to side (&), step right behind left, step left out to side (&),
6 & Step right across left, step left out to side (&) - 4.30
7 8 Rock step right back with left toes pointed forward, recover forward onto left in place - 4.30

[17-24] Forward, Lock, Forward, Press Rock Forward, Recover, Back, Lock, Back, Rock Back, Recover

- 1 2 & Step right forward, lock left in behind right, step right forward (&)
3 4 Press rock ball of left forward, recover weight back onto right in place
5 & 6 Step left back, lock right back across left (&), step left back
7 8 Rock right back (opening shoulders to 7.30), recover weight forward onto left in place - 4.30

[25-32] Half Back, Sweep Eighth, Behind, Side, Cross, Sway Side, Recover, Behind, Quarter Forward

- 1 2 Turn 1/2 left then step right back, sweep left out to side turning 1/8 left - 9.00
3 & 4 Step left behind, step right out to side (&), step left across right
5 6 Sway step right out to side, sway recover weight onto left in place
7 8 ** Step right behind left, turn 1/4 left then step left forward ** - 6.00

[33-40] Right Scissor, Cross, Quarter, Half, Step, Pivot Quarter, Cross Shuffle (This 8 counts is your long tag)

- 1 2 3 4 Step right out to side, step left beside right, step right across left, turn 1/4 right then step left back
& 5 6 Turn 1/2 right then step right forward (&), step left forward, pivot 1/4 right taking weight onto right in place
7 & 8 * Step left across right, step right slightly to side (&), step left across right * - 6.00

[41-48] Rock Right Side, Recover, Behind, Quarter Forward, Step, Three Quarter Pivot, Side, Behind, Side, Cross

- 1 2 Rock step right out to side, recover weight onto left in place,
3 4 Step right behind left, turn 1/4 left then step left forward
& 5 6 Step right forward (&), pivot 1/2 left taking weight onto left in place, turn 1/4 left then step right out to side
7 & 8 Step left behind right, step right out to side (&), step left across right - 6.00

[49-58] Quick Scissor Cross, Quick Scissor Cross, Back, Half, Step, Pivot Half, Walk, Walk

- 1 & 2 Step right out to side, step left beside right (&), step right across left

3 & 4 Step left out to side, step right beside left (&), step left across right
5 6 Step right back, turn 1/2 left then step left forward
7 8 Step right forward, pivot 1/2 left taking weight onto left in place
9 10 Step right forward slightly across left, step left forward slightly across right - 6.00

SEQUENCE:

After wall 1 add your long tag (counts 33-40) facing back wall

Wall 2 dance up to count 40 then restart * facing front wall

After wall 3 add your long tag (counts 33-40) facing back wall

Wall 4 dance up to count 32 then restart facing front wall**

Wall 5 dance up to count 40 then restart* facing back wall

Wall 6 dance up to count 32, then dance counts 49-58 then add a 4 count right jazz box cross small tag**

ENDING: On wall 7 (starts front wall) dance to count 46, turn 1/2 left step left out to side, drag right to left.

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