

# Courage to Change

COPPER KNOB  
BY SHEETS

拍数: 64      墙数: 4      级数: Advanced

编舞者: Hiroko Carlsson (AUS) - December 2022

音乐: Courage to Change (Michael Calfan Remix) - Sia : (Spotify/Apple Music /Deezer)



Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))

(Dance starts on lyrics)

## [S1] Step-Pivot 1/4L, Cross Shuffle, 1/4R-1/2R, Shuffle Fwd

1 2            Step forward on R, Make a ¼ turn left recover weight on L (9:00)  
3&4            Cross shuffle on R-L-R  
5 6            Make a ¼ turn right stepping back on L, Make a ¼ turn right stepping forward on R (6:00)  
7&8            Shuffle forward on L-R-L

## [S2] 1/4L Ball-Back Rock, 1/4R Toe Strut, 1/4R Ball-Cross Rock-Side-Cross, Side-Together

&1 2            Make a swift ¼ turn left stepping to the side on ball of R (3:00), Rock back on L, Replace weight on R  
3 4&            Make a ¼ turn right touch L toe back (6:00), Drop L heel on the floor, Make a swift ¼ turn right stepping to the side on ball of R (9:00)  
5 6&            Rock L over R, Replace weight on R, Step L to the side  
7 8&            Cross R over L, Step L to the side, Step R together

## [S3] Modified Rumba Box, Back Rock, Fwd-Together-Back-

1 2 3            Step L to the side, Step R next to L, Step forward on L  
4&            Step R to the side, Step L next to R  
5 6            Rock back on R, Replace weight on L  
7 8&            Step forward on R, Step L together, Step back on R-

## [S4] -Back Rock, Fwd-Together-Back, Back Rock-1/2L-Side

1 2 -            Rock back on L, Replace weight on R  
3 4&            Step forward on L, Step R together, Step back on L  
5 6            Rock back on R, Replace weight on L  
7 8            Make a ½ turn left stepping back on R (3:00), Step L to the side

## [S5] Cross Samba, Behind-1/4R-Fwd-1/2R, Triple Turn, Step-Pivot 1/4R

1&2            Cross R over L, Rock L to the side, Replace weight on R  
3&4            Step L behind R, Make a ¼ turn right stepping forward on R (6:00), Step forward on L  
5            Make a ½ turn right weight ends on L  
6&7            Triple full turn right on R-L-R (moving forward)  
8&            Step forward on L, Make a ¼ turn right recover weight on R (3:00)

## [S6] Cross Samba, Behind, 1/4L, Step-Pivot 1/2L, 1/2L Shuffle Back-

1&2            Cross L over R, Rock R to the side, Replace weight on L  
3 4            Step R behind L, Make a ¼ turn left stepping forward on L (12:00)  
5 6            Step forward on R, Make a ½ turn left recover weight on L (6:00)  
7&8            Making a ½ turn left shuffle back on R-L-R (12:00)-

## [S7] -1/4L Ball-Cross Rock, Side-Touch-Side Rock, Cross Rock-Side-Touch-Side-Point-

&1 2 -            Make a swift ¼ turn left stepping to the side on ball of L (9:00), Rock R over L, Replace weight on L  
3 4            Step R to the side, Touch L next to R  
&5            Rock L over R, Replace weight on L

6 7&            Rock R over L, Replace weight on L, Step R to the side  
8&1            Touch R next to L, Step R to the side, Point L to the side-

**[S8] -1/4L-1/2L w/ Sweep, Behind-Side, Cross-Unwind 3/4R, Back Rock**

2 3            Make a ¼ turn left stepping forward on L, Make a ½ turn left stepping back on R sweeping L around (12:00)  
4&            Step L behind, Step R to the side  
5 6            Touch/ cross L over R, Unwind 3/4R weight ends on L (9:00)  
7 8            Rock back on R, Replace weight on L

**Tag at the end of Wall 2 (6:00) – Rocking Chair**

1 2 3 4            Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L

**Ending suggestion: The last wall starts facing 12:00. Dance up to Section 4 count 8 (3:00). Then, Make a ¼ turn left stepping R to the side (12:00)**

(updated: 14/Dec/22)

---