

One Small Change

COPPER KNOB
STEPPERS

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Lorraine Hillard (AUS)
音乐: The Change - Garth Brooks



Position: Feet apart, weight even

Dance starts with downbeat of piano 2 beats before vocal

ROCK, ROCK, COASTER STEP, & PIVOT, FULL TURN, & SHUFFLE FORWARD

- 1-2-3&4& Sway weight onto right foot, sway weight onto left foot, step right foot back as you face right diagonal, step left foot beside right foot, step right foot forward still facing right diagonal, step left foot beside right foot
- 5&6&7&8 Step right foot forward, ½ pivot turn still facing diagonal, step right foot slightly forward with full spin left, step left foot beside right foot, right shuffle forward still facing diagonal (7&8)

SIDE, ROCK, BACK, SIDE, ROCK, BACK, SIDE, ROCK, BEHIND, ¼, PIVOT, FULL TURN

Beats 9-12 travel backward and are done facing 9:00

- 1&2-3&4 Step ball of left foot to left side straighten to face 9:00, recover weight onto right foot, step left foot behind right foot, step ball of right foot to right side, recover weight onto left foot
- 5&6&7&8& Step right foot behind left foot, step ball of left foot to left side, recover weight onto right foot, step left foot behind right foot, turn ¼ right step right foot forward, step left foot forward, pivot ½ turn right weight ending on right foot, step ball of left foot forward with a full turn right, step right foot forward

COASTER FORWARD, SWEEP BACK, SWEEP BACK, BEHIND, SIDE, ROCK, BEHIND, SIDE, ROCK

- 1&2-3-4 Step left foot forward, step right foot next to left foot, step left foot back, sweep right foot back in an arc
- 5&6-7&8 Sweep left foot back in an arc, sweep right foot in arc to behind left foot, step left foot to left, rock step right foot across front of left foot lifting left foot slightly, replace left foot, step right foot to right, rock step left foot across front of right foot lifting right foot slightly

BEHIND, SIDE, CROSS, TURN, ROCK FORWARD, ROCK BACK, COASTER STEP, ROCK, TURN, STEP

- 1&2&3-4 Replace weight onto right foot, step left foot to left, step right foot across front of left foot
- 5&6-7&8 On ball of both feet unwind ¾ turn left ending with weight forward on left foot, step right foot forward, recover weight back onto left foot, step right foot back, step left foot next to right foot, step right foot forward, rock left foot to left, push off from left foot making ¾ turn left on ball of right foot, step left foot forward

SIDE, DRAG, CROSS, SIDE, DRAG, CROSS, SIDE, DRAG, CROSS, STEP, ½ TURN, ROCK LEFT

- 1&2-3&4 Big step right, drag left foot to slightly behind right foot step onto ball of left foot, step right foot across
- 5&6&7-8 Front of left foot, big step left, drag right foot to slightly behind left foot step onto ball of right foot, step left foot across front of right foot,) big step right, drag left foot to slightly behind right foot step onto ball of left foot, step right foot across front of left foot, step back onto left foot with ¼ turn right, ¼ turn right and step right foot next to left foot, step left foot to side with swaying motion

REPEAT

RESTART

On wall 5, dance up to count 14& (¼ turn right) as normal. Then do

- 7&8 Triple step full turn right traveling slightly forward, ending with left foot stepping to the side

Restart from the beginning

