Time To Change



拍数: 0 墙数: 1 级数: Improver

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音乐: Time to Change - The Brady Bunch

Sequence: ABC, ABC, B-, CC

PART A

SCUFF, HITCH, STEP, SCUFF, HITCH, STEP, ROCK & SHOULDER ROLL PIVOT & STEP

Scuff right forward, hitch right, step right down directly in front of left Scuff left forward, hitch left, step left down directly in front of right Use as much energy as possible on the above counts to "groove" with the beat

5 Rock forward on right

&6 Recover onto left, touch back right toe

7-8 Roll right shoulder back making ½ turn to right with weight finishing on the left foot

HIP BUMPS 1/4 LEFT, HIP BUMPS 1/4 RIGHT, ROCK & TOUCH 1/4 PIVOT LEFT

Stepping right ¼ to the left, bump hips right, left, right

Stepping left ½ to the right, bump hips left, right, left

Rock right forward, recover left, step right back

7-8 Touch left toe back, pivot ¼ left with weight finishing on left foot

17-32 Repeat counts 1-16 of Part A

PART B

SIDE STEP, TOGETHER, STEP, WEAVE BEHIND & IN FRONT, SIDE STEP, ROCK & TOUCH

1-3 Step side right, step left next to right, step side right

4&5 Step left behind right, step side right, step left across right

6 Step right side right

7&8 Rock left forward, recover right, touch left down

KICK & TOUCH X4

1&2 Kick left forward, step down on left, touch side right
3&4 Kick right forward, step down on right, touch side left
5&6 Kick left forward, step down on left, touch side right
7&8 Kick right forward, step down on right, touch side left
Optional hand movements: pump arms forward and back four times

SIDE STEP, TOGETHER, STEP, WEAVE BEHIND & IN FRONT, SIDE STEP, ROCK & TOUCH

1-3 Step side left, step right next to left, step side left

4&5 Step right behind left, step side left, step right across left

6 Step left side left

7&8 Rock right forward, recover left, touch right down

STEP TURN, LARGE STEP TURN & DRAG

1-2 Step forward right, pivot ½ turn left stepping onto left

3-4 Take a larger step forward on right, pivot ½ turn left stepping onto left

5 Drag right foot forward and touch down

PART B-

At the end of the song, only a portion of the chorus is repeated, therefore only repeat counts 17-29. In order to accommodate the transition into B-, you will need to change the final count of Part C done prior to B- from a

touch to a step

PART C

DIAGONAL SHUFFLE RIGHT, DIAGONAL SHUFFLE LEFT, 1/4 RIGHT SHUFFLE, 1/4 PIVOT TOUCH

1&2 Facing diagonal right, shuffle right, left, right
 3&4 Facing diagonal left, shuffle left, right, left
 5&6 Pivot ¼ right and shuffle right, left, right

Optional hand movements: pump arms forward and back three times

7&8 Pivot ¼ right step down on left, touch right and snap your fingers

9-16 Repeat counts 1-8