Everybody's Changing

级数: Improver

编舞者: John Dowling (UK)

拍数: 32

音乐: Everybody's Changing - Keane

STEP HOLD TWICE, RIGHT SHUFFLE FORWARD, ROCK RECOVER

- 1-2 Step right foot forward, hold
- 3-4 Step left foot forward, hold
- 5&6 Step right forward, slide left next to right, step right forward
- 7-8 Rock step forward on left, recover weight back onto right

SHUFFLE ½ TURN TWICE, ROCK RECOVER, CROSSING SHUFFLE RIGHT

- 1&2 Making a ¹/₂ turn left step forward left, slide right next to left, step left forward
- 3&4 Making a ¹/₂ turn left step back on right, slide left next to right, step back on right
- 5-6 Rock step back on left, recover weight forward onto right
- 7&8 Crossing shuffle left stepping left over right, right to side, left over right

SWAYS, CROSSING SHUFFLE LEFT, SWAYS, COASTER ¼ TURN LEFT

- 1-2 Step right to side with hip sway, sway weight onto left
- 3&4 Crossing shuffle left stepping right over left, left to side, right over left
- 5-6 Step left to side with hip sway, sway weight onto right
- 7&8 Cross step left behind right, step right to side, make a ¼ turn left stepping forward on left

1/4 TURN SWAY, RIGHT CHASSE, 1/4 TURN ROCK RECOVER, LEFT SHUFFLE FORWARD

- 1-2 Make a ¼ turn left stepping right to side with hip sway, sway weight onto left
- 3&4 Step right to side, slide next to right, step right to side
- 5-6 Make a ¼ turn left rock stepping back on left, recover weight forward onto right
- 7&8 Step left forward, slide right next to left, step left forward

REPEAT





墙数:4