A Change Of Pace

拍数: 32

级数: Intermediate

编舞者: Ron Kline (USA) & Linda Kline

音乐: Angel Eyes - Tamara Walker

ROCK SIDE, PUSH, BEHIND AND SIDE, ROCK SIDE, PUSH, BEHIND AND FORWARD

- 1-2 Rock side right, pushing off with right step side left
- 3&4 Cross step right behind left, step side left, cross step right over left
- 5-6 Rock side left, pushing off with left step side right
- 7&8 Cross step left behind right, step side right, step forward left

STEP, PIVOT, HOLD, PIVOT, ROCK STEP, SHUFFLE WITH TURN

- 1-2 Step forward right, pivot 1/4 left shifting weight left
- 3-4 Hold shifting weight right, pivot another 1/4 left stepping left in place
- 5-6 Rock forward right, recover weight left prepping heel left
- 7&8 Shuffle back right, left, right turning ¹/₂ right (facing starting wall)

ROCK, LEAN WITH TOUCH, SHUFFLE BACK, ROCK, LEAN WITH TOUCH, SHUFFLE FORWARD

- 1-2 Rock forward left angling body right, lean slightly forward touching right behind left
- 3&4 Shuffle back right, left, right (body still angled right)
- 5-6 Rock back left angling body left, lean slightly back touching right in front of left
- 7&8 Shuffle forward right, left, right (body still angled left then straightening)

STEP, SWAY AND DRAG, STEP, SWAY AND DRAG, ROCK STEP SHUFFLE WITH TURN

- 1-2 Step forward left diagonally left, swaying hips left drag right towards left
- 3-4 Step forward right diagonally right, swaying hips right drag left towards right

Try to make these steps (1-4) as smooth as possible

- 5-6 Rock forward left, recover weight right prepping heel right
- 7&8 Shuffle back left, right, left turning 1/4 left

REPEAT





墙数:4