

Change on the Rise

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Change On The Rise - Avi Kaplan



#16 count intro.

Rock step, Sweep, Sailor step, Hold, Knee dip, Sweep ¼ turn, Weive, Touch

- 1-2 RF rock forward. Recover on left and sweep RF Back
- 3&4 Right foot behind LF. LF to L Side. RF to R side
- 5&6 Hold. L Knee dip in with small prep. Sweep LF and turn ¼ Left (9:00 O'clock)
- 7&8& LF behind RF, RF to R side, LF cross RF, RF touch next to LF

Sway, Behind, ¼ turn, forward, Hitch, Out-out, Kick, Back, Side ¼

- 1-2 Sway right. Sway left
- 3&4 RF behind LF. turn ¼ Left (6:00 O'clock) and step LF forward. Step RF Forward
- 5&6 Hitch your left leg. LF step slight forward and out. RF step slight forward and out
- 7&8 LF Kick. LF Step Back. Turn ¼ Right (9:00 O'clock) and step RF to R

Cross rock ⅛, ¾ turn, Walk, Walk, Rock, Recover, Sweep, Sailor step ¼

- 1-2 LF Cross rock over RF ⅛ turn right (10:30 O'clock) (With body roll if wanted). recover on RF facing diagonally
- &3-4 Turn ¾ L (6:00 O'clock) and step LF forward. Step RF forward. Step LF Forward
- 5&6 Turn ⅛ L (4:30 O'clock) and rock RF forward. Recover on on LF. Step back on RF turning ⅛ L (3:00 O'clock) and Sweeping LF
- 7&8 Step LF behind RF. Turn 1/4 left (12:00 O'clock) stepping to the side on RF. Step LF forward

Step & pop, Step & pop, Rock, Sweep, Sailor step, Kick, Back, Touch

- 1-2 Step RF Forward and turn ⅛ Right and pop L Knee. Step LF Forward and turn ⅛ Right and pop R Knee. (3:00 O'clock)
- 3-4 Rock RF Forward. Recover on LF and sweep RF
- 5&6 Step RF Behind LF. Step LF to L. Step RF to R
- 7&8 Kick LF Forward. Step LF back. Touch RF next to LF

****4 Restarts.

- Nr.1: Wall 2, 16 counts in.
- Nr.2: Wall 4, 8 Counts in.
- Nr.3: Wall 6, 16 counts in.
- Nr.4: Wall 8, 16 counts in.

Restart with step change nr. 1, 3 and 4

Second 8, counts 7&8. Instead of LF kick. LF step back. Turn ¼ right and step RF to R.
You do, LF kick. LF step back. Touch RF next to LF