

Change

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - March 2021
音樂: Change - Pale Waves : (iTunes / Spotify)



(Intro: 16 counts)

[S1] Syncopated V Step, Coaster Step-Together, Heel Twists, Coaster Step

1&2& Step forward and out on R, Step forward and out on L, Step back and in on R, Step L next to R
3&4& Step back on R, Step L next to R, Step forward on R, Step L together
5&6& Twist both heels to the left-right-left-centre
7&8 Step back on L, Step R next to L, Step forward on L

[S2] Hook Turn 1/4R, Step-Lock-Step, Step-Pivot 1/2R, Cross-Samba

1&2& Step forward on R, Hook L heel behind R, Step back on L whilst making a ¼ turn right, Hook R across L (3:00)
3&4 Step forward on R, Lock L behind R, Step forward on R
5 6 Step forward on L, Make a ½ turn right recover weight on R (9:00)
7&8 Cross L over R, Rock R to the side, Recover weight on L**-feet shoulder width apart-

[S3] Heel-Toe Walk In, Ball-Cross-Side-Behind-1/4L-Step-Pivot 1/4L-Cross-Side, Heel-Toe Walk In-Ball

1&2 Swivel R heel in, Swivel R toe in, Swivel R heel in
&3& Ball step R next to L, Cross L over R, Step R to the side
4& Step L behind R, Make a ¼ turn right stepping forward on R (12:00)
5&6& Step forward on L, Make a ¼ turn right recover weight on R, Cross L over R, Step R to the side (3:00)
7&8& Swivel L heel in, Swivel L toe in, Swivel L heel in, Ball step L next to R

[S4] Cross Rock-1/4R, Side Rock-Sailor Step, Behind, 3/4L Pencil Turn-Touch

1 2& Rock R across L, Recover weight in L, Make a ¼ turn right stepping forward on R (6:00)
3 4 Rock L to the side, Recover weight on R
5&6 Step L behind R, Step R to the side, Step L to the side
7 8 Make a ¼ turn left stepping forward on L, 1/2L sweeping R around touch R next to L (9:00)

Restart: On Wall 2 count 16** (6:00) and Wall 5 count 16** (9:00)

Tag: End of Wall 3 (3:00) and Wall 7 (3:00)- V Step - Step forward and out on R(1), Step forward and out on L(2), Step back and in on R(3), Step L next to R(4)

Ending suggestion: The last 2 counts on S4, Make a ¼ turn left stepping forward on L, 1/4L sweeping R around to the front.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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