Change Your Mind



拍數: 48 牆數: 2 級數: Improver

編舞者: Debbie Reiling (USA) - April 2025

音樂: Til I Change Your Mind - Teddy Swims



Intro: 16 counts

Tag 1 8 counts at end of wall 2 (you will be facing 12:00)

Tag 2 4 counts after 36 counts on wall 3 (you will be facing 9:00, comes after heel jacks)

Sec 1: Step Touch, Step Touch, Vine R, Chug 3/4 Turn to Left and Step

1&2& RF to right, L toe touch next to RF, LF to left, R toe next to LF

3&4 Step RF to right, cross LF behind RF, RF to right

5&6&7&8 Press LF 1/4 left, recover on RF, press LF 1/4 left, recover on RF, press LF 1/4 left, Recover

on RF, step on LF (3:00)

Sec 2: Forward Hip Presses, Back Lock Step, Back Coaster Step

1&2	Press R hip forward diagonal, recover on LF, step RF next to LF
3&4	Press's hip forward diagonal, recover on RF, step LF next to RF
586	Stop DE back lock I E in front of DE stop DE back

5&6 Step RF back, lock LF in front of RF, step RF back 7&8 Step LF back, step RF next to LF, step LF forward

Sec 3: Turning Toe Struts, Kick & Point X 2

1,2	Step R toe forward with hip	bump, 1/2 turn left	t stepping down on RF

3,4 L toe turn left 1/2 with hip bump, step on LF

Kick RF forward, step on RF & point L toe to L sideKick LF forward, step on LF & point R toe to R side

(Option for 1,2,3,4 - Right forward toe strut & Left forward toe strut)

Sec 4: Chasse, 1/4 chasse, chasse, 1/4 chasse

1&2	RF to R side, LF next to RF, RF to R side
3&4	LF turn 1/4 left, RF next to LF, Lf to L side
5&6	RF to R side, LF next To RF, RF to R side

7&8 LF turn 1/4 left, RF next to LF, LF to L side (9:00)

Sec 5: Syncopated R&L Heel Jacks, Syncopated Rocking Chair, Shuffle

1&2&	RF cross LF, LF to left, touch R heel forward diagonal, RF next to LF
3&4&	LF cross RF, RF to R, touch L heel forward diagonal, LF next to RF

5&6& Rock RF forward, recover weight on LF, rock RF back, recover weight on LF

7&8 RF forward, LF next to RF, RF forward

Sec 6: Syncopated Rocking Chair, Shuffle Forward, out, out, step, 1/4 turn

1&2&	Rock LF forward	, recover weight on RF, roc	k LF back	recover weight on RF

3&4 LF forward, RF next to LF, LF forward

5,6,7,8 RF forward diagonal, LF forward diagonal, RF forward, LF Turn 1/4 L (6:00)

Tag 1 Pivot 1/2, Pivot 1/2, V step

1,2	RF forward, pivot 1/2 L with weight on LF
3&4	RF forward, pivot 1/2 L with weight on LF
5,6	RF forward diagonal, LF forward diagonal

7,8 RF back, LF back next to RF

Tag. 2. Forward Step, 1/4 Left, walk, walk

- 1,2. RF forward, LF turn 1/4 L (6:00)
- 3,4. RF forward, LF forward

Last Update: 2 May 2025