Change The World

級數: Improver

編舞者: Lenore Flintoft - September 2010

音樂: Today I'm Gonna Try and Change the World - Johnny Reid

I deliberately kept the choreography simple so the dancers could focus on the message rather than the steps. The count is 1-2-3-hold throughout the dance.

FORWARD OPEN VINES, FORWARD BOX

- 1-4 Step forward Left, Right, Left, Hold
- 5-8 Step forward Right, Left, Right, Hold
- 9-12 Step Left to the side, step Right beside Left, step forward Left, Hold
- 13-16 Step Right to side, step Left beside Right, step Right back, Hold

BACK OPEN VINES, BACK BOX

- 17-20 Step back Left, Right, Left, Hold
- 21-24 Step back Right, Left, Right, Hold
- 25-28 Step Left to side, step Right beside Left, step Left back, Hold
- 29-32 Step Right to side, step Left beside Right, step forward Right, Hold

CROSS ROCKS, BASICS

- 33-36 Cross rock Left over Right, recover on Right, step Left Home, Hold
- 37-40 Cross rock Right over Left, recover on Left, step Right Home, Hold
- 41-44 Step Left to side, touch Right beside Left, step Left to side, touch R beside Left
- 45-48 Step Right to side, touch Left beside Right, step Right to side, touch Left beside Right

JAZZ BOX ¼ TURN, JAZZ BOX IN PLACE

- 49-52 Cross Left over Right, recover on Right, step Left to side making ¼ turn Left, Hold
- 53-56 Cross Right over Left, recover on Left, step Right beside Left, Hold

SCISSORS

- 57-60 Step Left to side, step Right beside Left, Cross Left over Right, Hold
- 61-64 Step Right to side, step Left beside Right, cross Right over Left, Hold

* To end the dance facing the music, make 1/4 turn Left at the end of the back Right open vine, complete back box facing music.





拍數: 64

牆數:4