

Nothing Ever Changes

Count: 48

Wall: 4

Level: Improver

Choreographer: Rex Allott (UK) - February 2022

Music: Milk & Honey - Hollie Cook



Intro - 96 counts

S1. Step L fwd, lift heels up, down, (knees fwd, back), rpt R

- 1-3. Step L fwd, lift both heels up, down (pushing knees fwd, back)
- 4-6. Step R fwd, lift both heels up, down (pushing knees fwd, back)

S2. Step L fwd, hold, back, turning 1/4 L step R over L, turning 1/4 L, step L fwd, step R next to L.

- 1-3. Step L fwd, hold, step L back next to R
- 4-6. Turning 1/4 L, cross R over L, turning 1/4 L step R fwd, step R next to L

S3. S4. Rpt S1. & S2.

S5. Vine R, brush/sweep R over L

- 1&2-3. Step L to L, step R behind L, step L to L, step R slightly fwd
- 4-6. Brush L fwd & sweep over R

S6. Vine L, brush/sweep L over R

- 1&2-3. Step R to R, step L behind R, step R to R, step L slightly fwd
- 4-6. Brush R fwd & sweep over L

S7. Point R heel diagonally out R, hold, return, rpt L

- 1-3. Point R heel diagonally out R, hold, return
- 4-6. Point L heel diagonally out L, hold, return

S8. Step L to L, step R next to R x 2, step L back, turning 1/4 turn R, step R fwd, step L fwd, step R next to L

- 1&2&3. Step L to L, step R next to L, step L to L, step R next to L, step L back
- 4-6. Turning 1/4 R step R fwd, step L fwd, step R next to L

Tag - after 2nd S8.

S1. L twinkle turning 1/4 R, R twinkle turning 1/4 L

- 1-3. Turning 1/4 R step L over R, step R next to L, hold
- 4-6. Turning 1/4 L step R over L, step L next to R, hold

S2. R twinkle turning 1/4 L, L twinkle turning 1/4, R

- 1-3. Turning 1/4 L step R over L, step L next to R, hold
- 4-6. Turning 1/4 R step L over R, step R next to L, hold

S3. Rpt S1.

S4. R twinkle turning 1/4 L x 2

- 1-3. Turning 1/4 L step R over L, step L next to R, hold
- 4-6. Rpt 1-3