

# No Changes

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Angie Shirley (UK)

Music: Things I Cannot Change - The Mavericks



## TURN, HOLD

- 1 Swinging right over left, pivot  $\frac{1}{4}$  turn left on ball of left foot, stepping right forward
- 2 Hold for one count
- 3 Swinging left over right, pivot  $\frac{1}{2}$  turn right on ball of right foot, stepping left forward
- 4 Hold for one count

## CROSS SHUFFLE, ROCK STEPS

- 5 Swinging right over left, pivot  $\frac{1}{4}$  turn left on ball of left foot, stepping right over left
- &6 Step left foot to left, cross-step right over left
- 7-8 Rock left to left side, rock in place right

## TURN, HOLD

- 9 Swinging left over right, pivot  $\frac{1}{4}$  turn right on ball of right foot, stepping left forward
- 10 Hold for one count
- 11 Swinging right over left, pivot  $\frac{1}{2}$  turn left on ball of left foot, stepping right forward
- 12 Hold for one count

## CROSS SHUFFLE, ROCK STEPS

- 13 Swinging left over right, pivot  $\frac{1}{4}$  turn right on ball of right foot, stepping left over right
- &14 Step right foot to right, cross-step left over right
- 15-16 Rock right to right side, rock in place left

## SAILOR STEPS, PIVOT, SHUFFLE

- 17&18 Swing right behind left, step left slightly left, step right next to left
- 19&20 Swing left behind right, step right slightly right, step left next to right
- 21-22 Step forward right, pivot  $\frac{1}{2}$  turn left
- 23&24 Shuffle forward on right, stepping right, left, right

## ROCK STEPS, $\frac{3}{4}$ TRIPLE TURN, ROCK STEPS

- 25-26 Rock forward on left foot, rock in place right
- 27&28 Triple  $\frac{3}{4}$  turn left, stepping left, right, left
- 29-30 Rock forward on right, rock in place left
- 31-32 Rock back on right, rock in place left

## REPEAT

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