

# Changes

**Count:** 40

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Donna Laurin (CAN)

**Music:** For a Change - Neal McCoy



- 1-2 Step side right, left behind  
3-4 Touch right heel forward, cross ball change(step on right, cross left over right)

## **½ MONTEREY SPIN**

- 5-6 Touch right toe to side, ½ turn right on ball of left foot transferring weight to right  
7&8 3-step shuffle in place (left-right-left)  
9-16 Repeat steps 1 to 8  
17-18 3-step shuffle side right (right-left-right) turning ¼ right on last step  
19-20 Rock forward left, rock back right  
21&22 Turn ¼ left into 3-step side shuffle left (left-right-left) turning ¼ left on last step  
23-24 Rock forward right, rock back left

## **RIGHT VINE ¼ TURN**

- 25-28 Turn ¼ right on right, step left behind, ¼ turn right on right, step left together with right  
29&30 Right kick ball touch (touch left to side)  
31&32 Left kick ball touch (touch right to side)

## **WALK BACK ½ TURN**

- 33-34 Step back on right, step left together with right turning left foot ¼ turn right  
35-36 Turn ¼ right on right, kick left

## **WALK BACK ½ TURN**

- 37-38 Step back on left, step right together with left turning right foot ¼ turn left  
39-40 Turn ¼ left on left, kick right

## **REPEAT**

**Option for steps 25 to 28: do a rolling right vine with a ¼ turn at the end.**

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