Switch to Me (나로 바꾸자)



Compte: 96 Mur: 2 Niveau: Phrased Intermediate

Chorégraphe: Lavengers (KOR) - January 2021

Musique: Switch to Me (나로 바꾸자) - RAIN (비) & J.Y.Park (박진영)



Lavengers - Korea (Bon, Eun Ju, Seol A)

Sequence: Intro (32)-A(32)-A-B(32)-C(32)-A-A-B-C

Intro Dance

S1: Big Side-Hitch-Side Touch-Hitch X 2(R, L)

Big step side RF to R, Hitch LF, Side touch LF to L, Hitch LF
Big step side LF to L, Hitch RF, Side touch RF to R, Hitch RF

S2: R Back, 1/2R Tun, L Fwd Rock-Back, R Back Rock-Fwd, 1/2L Turn-Fwd

1-2 Step back RF, 1/2R Turn (6:00)

3&4 Step forward LF, Recover RF, Step back LF5&6 Step back RF, Recover LF, Step forward RF

7-8 1/2L Turn, Step forward RF (12:00)

S3: L Fwd Step, Hitch, L Shuffle, Diagonal Back-Touch x2 (R, L)

1-2 Step forward LF, Hitch LF

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

5-8 Step back diagonal RF, Step touch LF to RF Step back diagonal LF, Step touch RF to LF

S4: R Hitch X2, L Hitch X2, Knee In (R, L), Quickly Knee In (R, L, R)

1&2& (Hitch RF, In place RF) x2
3&4& (Hitch LF, In place LF) x2
5-6 Knee in RF, Knee in LF
7&8 Quickly Knee in (RF, LF, RF)

A1: R side, Behind, Side/L Heel Swivel In-Out-In, 1/4L Fwd Step, 1/4L Side, Back/Heel In-Out-In

1-2 Step side RF to R, Step LF behind RF

3&4 Step side RF with LF heel-swiveling In-Out-In

5-6 1/4L Turn step forward LF, 1/4L Turn step side RF (6:00)

7&8 Step back LF with RF heel swiveling In-Out-In

A2: Camel Walk (R, L), R Shuffle, L Fwd Touch-Side Touch, 1/4L Sailor Step

1-2 Step RF forward popping LF knee forward, Step LF forward popping RF knee forward

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

5-6 Touch forward LF, Side touch LF to L

7&8 1/4L Turn step back LF, Step RF to R, Step forward LF (3:00)

A3: Kick-Ball-Back-Recover, 1/4L Turn Kick-Ball-Back-Recover X3

1&2& Kick RF, Step ball RF next to LF, Step back LF, Recover RF

3&4&
1/4L Turn kick LF, Step ball LF next to RF, Step back RF, Recover LF (12:00)
5&6&
1/4L Turn Kick RF, Step ball RF next to LF, Step back LF, Recover RF (9:00)
7&8&
1/4L Turn kick LF, Step ball LF next to RF, Step back RF, Recover LF (6:00)

A4: R Jazz Box-Cross, R Side Swivel, L Swivel

1-4 Step cross RF over L, Step back LF, Step side RF to R, Step cross LF over R

5&6 Step side RF to R with LF heel-swiveling In-Out-In7&8 Move balance to L heel-swiveling RF In-Out-In

B1: Diagonai B	ack-Touch (R, L), Both Feet/Swivel in-Out-Hold-Swivel in-Out-Hold
1-2	Step back diagonal RF to R, Step touch LF next to RF
3-4	Step back diagonal LF to L, Step touch RF next to LF
&5-6	Both feet Swivel In, Both feet out, Hold
&7-8	Both feet Swivel In, Both feet out, Hold
B2: Diagonal Back-Touch (R, L), Both Feet/Swivel-Out-Hold-Swivel-Out-Hold	
1-2	Step back diagonal RF to R, Step touch LF next to RF
3-4	Step back diagonal LF to L, Step touch RF next to LF
&5-6	Swivel both feet to R, Both feet out, Hold
&7-8	Swivel both feet to L, Both feet out, Hold
B3: Both Feet Side-Hip Push-Pull X4 (R, L, R, L)	
1&2	Jump with both feet to R, Hip push (arms front), Hip pull (arms in place)
3&4	Jump with both feet to L, Hip push (arms front), Hip pull (arms in place)
5&6	Jump with both feet to R, Hip push (arms front), Hip pull (arms in place)
7&8	Jump with both feet to L, Hip push (arms front), Hip pull (arms in place)
34: Fwd Step-Hitch (R, L), Full Turn walks	
1-4	Step forward RF, Step hitch LF. Step forward LF, Step hitch RF
5-8	1/4R step forward RF, 1/4R step forward LF, 1/4R step forward RF, 1/4R step forward LF
C1: R Vine Ste	p, Touch, Side, Touch, 1/4L Side, Touch
1-4	Step side RF to R, Step behind LF, Step side RF to R, Touch LF next to RF
5-8	Step side LF, Touch RF next to LF, 1/4L step side RF to R, Touch LF next to RF (9:00)
C2: L Vine Step	o, Touch, Side, Touch 1/4R Side, Touch
1-4	Step side LF to L, Step behind RF, Step side LF to L, Touch RF next to LF
5-8	Step side RF, Touch LF next to RF, 1/4L step side LF to L, Touch RF next to LF (6:00)
	p, Touch, Side, Touch, 1/4L Side, Touch
1-4	Step side RF to R, Step behind LF, Step side RF to R, Touch LF next to RF
5-8	Step side LF, Touch RF next to LF, 1/4L step side RF to R, Touch LF next to RF (3:00)
C4: L Vine Step, Touch, R side, Touch, 1/4R Side, Touch	
1-4	Step side LF to L, Step behind RF, Step side LF to L, Touch RF next to LF
5-8	Step side RF, Touch LF next to RF, 1/4L step side LF to L, Touch RF next to LF (12:00)

*Enjoy the dance by line dance Bon.

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