

Make A Change

Compte: 32

Mur: 2

Niveau: Intermediate



Chorégraphe: Craig Cooke (UK)

Musique: Man In the Mirror - Michael Jackson

CROSS SIDE SAILOR ¼ TURN RIGHT, CROSS ROCK RECOVER, ROCK RECOVER ROCK

- 1-2 Step right over left, step left to left side
- 3&4 Step right behind left, step left to left side making ¼ turn right, step forward onto right foot
- 5-6 Cross rock left over right, recover back onto right
- 7& Rock onto left foot, recover onto right
- 8 Rock onto left foot

STEP RIGHT FORWARD PIVOT ½ TURN LEFT TWICE, RIGHT SHUFFLE FORWARD, TOUCH & TOUCH

- 1-2 Step forward onto right foot pivot ½ turn left
- 3-4 Step forward onto right foot pivot ½ turn left
- 5&6 Step right foot forward, step left next to right, step right foot forward
- 7&8 Touch left toe next to right instep, touch left to out to left side, touch left to next to right instep (no weight on left foot)

SWAY HIP BUMP LEFT & RIGHT, LEFT CHASSE TO SIDE, SWEEP RIGHT LEG BEHIND LEFT MAKING ¼ TURN RIGHT, STEP BACK RIGHT, LEFT SHUFFLE FORWARD

- 1-2 Step left to left side while swaying hip to left side, sway hip to right
- 3&4 Step left to left side, step right next to left, step left to left side
- 5-6 Sweep right leg behind left while making ¼ turn right, and step onto right foot
- 7&8 Step left foot forward, step right next to left, step left foot forward

STEP RIGHT FORWARD PIVOT ½ TURN LEFT TWICE, TRIPLE FULL TURN RIGHT, ROCK AND STEP

- 1-2 Step forward onto right foot, pivot ½ turn left
- 3-4 Step forward onto right foot pivot ½ turn left
- 5&6 Make triple full turn traveling to the right stepping on a right, left, right
- 7&8 Rock left foot over right, recover onto right & step left to left side

REPEAT
