

Running Through The Changes

Compte: 48

Mur: 4

Niveau: Intermediate

Chorégraphe: Bob Reid (USA)

Musique: Nothing I Can Do About It Now - Willie Nelson



ROCK, RECOVER, SHUFFLE TURN ½, ROCK, RECOVER, SHUFFLE

1-2-3&4 Rock back on left, recover on right, shuffle forward left, right, left making a ½ turn right
5-6-7&8 Rock back on right, recover on left, shuffle forward right, left, right

ROCK, RECOVER, ½ TURN SHUFFLE, STEP, ¼ TURN, VINE

1-2-3&4 Rock forward left, recover on right, shuffle back left, right, left making a ½ turn left
5-6-7&8 Step forward on right, turn ¼ left onto left, step right behind left, side left, cross right over left

SIDE, BEHIND, SIDE, HEEL FORWARD, BACK, CROSS, SIDE, BEHIND, SIDE, HEEL FORWARD, BACK, CROSS

1-2&3&4 Step side left, step right behind left, step back left, right heel forward, back right, cross left over right
5-6&7&8 Step side right, step left behind right, step back on right, left heel forward, back left cross right over left

SHUFFLE ¼ TURN, SHUFFLE ¼ TURN, SHUFFLE, STEP BACK, TOUCH

1&2-3&4 Side left, together right, side left turning ¼ right, side right, together left, side right turning ¼ right
5&6-7-8 Side left, together right, side left, step back on right, bring left back slightly and touch

CROSS, TURN ¼, SHUFFLE, CROSS, TURN ¼, SHUFFLE

1-2-3&4 Cross left over right, step back on right turning ¼ left, side left, together right, side left
5-6-7&8 Cross right over left, step back on left turning ¼ right, side right, together left, side right

CROSS ROCK, TURN ¼, SHUFFLE, STEP TURN ¼, SAILOR STEP

1-2-3&4 Cross left over right, recover on right, turn ¼ left and shuffle forward left, right, left
5-6-7&8 Step forward right, turn ¼ left onto left, step right behind left, side left, step right to right side

REPEAT

TAG

The tag is done after the first and after the second rotations only

1-4 Rock back on left, recover on right, rock forward on left, recover on right
