

Things Are Changing Fast

拍数: 32 墙数: 2 级数: Improver
编舞者: Don Pascual (FR) - October 2014
音乐: Things Are Changing Fast - Declan Nerney & Bottler



Start on vocals

Alt. Music: Things are changing fast (Declan Nerney & Breadan Grace)□

Sect 1: R toe to R side, touch R beside L, R toe to R side, R ¼ T into a R sailor step, L toe fwd, L flick, L toe fwd, L coaster step

1&2 R toe to R side, touch R beside L, R toe to R side
3&4 Cross R behind L, R¼ T & step L to the L, step R to the R
5&6 L toe forward, L flick (slap L hand/L foot), L toe forward
7&8 L back step (on ball), R beside L (on ball), step L forward

Sect 2: Shuffle R fwd, shuffle L fwd, R stomp, toe split, L modified heel jack

1&2 (R diagonal): Step R forward, L beside R, step R forward
3&4 (L diagonal): Step L forward, R beside L, step L forward
5&6 Stomp R beside L, split both toes outward, recover (ending weight on L)
&7&8 R back step (R diagonal), tap L heel forward (L diagonal), step L in place, touch R beside L

Sect 3: R Toe R side, R ¼ T, L toe to L side*, behind, side cross, R L R heel switches, clap x2**

1&2 Point R to the R, R ¼ T on ball of L foot stepping R beside L, point L toe to the L
3&4 Cross L behind R, step R to the R, cross L over R
5&6&7 R heel forward, R beside L, L heel forward, L beside R, R heel forward
&8 Clap, clap

Sect 4: R hook, shuffle R fwd, L scuff hitch back, R coaster step, stomp L beside R, swivet to the R***

&1&2 Cross R over L shin, step R forward, L beside R, step R forward
3&4 Scuff L ,hitch L (making a little R hop backward), L back step
5&6 R back step (on ball), L beside R (on ball), step R forward
7&8 Stomp L beside R, swivel R toe to the R/ L heel to the L, recover

Restart wall 2*: After count 2 of section 3, bring L beside R (&) and Restart the dance from the beginning (facing 12h00)

Tag 1 **: Wall 4: After section 3, add the two following counts and restart the dance from the beginning (facing 12h00)

Stomp up R beside L, slap x2

1&2 Stomp up R beside L, slap your hands on your thighs (backward and forward)

Tag 2 *: Wall 6: At the end of the dance, add the six following counts (facing 12h00):**

Scissor R, scissor L, stomp up R beside L, slap x2

1&2 Step R to the R, L beside R, cross R over L
3&4 Step L to the L, R beside L, cross L over R
5&6 Stomp up R beside L, slap your hands on your thighs (backward and forward)

Note: Restart and Tag 1 occur during the chorus; Tag 2 occurs after an instrumental part following the chorus

Have fun with this dance...

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