

# Changing With The Times

拍数: 32                      墙数: 2                      级数: Intermediate  
编舞者: Alison Carrington (UK) - July 2015  
音乐: All She Wants - MIKA : (Album: No Place In Heaven)



**Intro: 8 counts (count slow counts ie. 1&2&) with an 8 count Tag at the end of walls 1 & 4**

**[1 – 8] Step, touch, step, touch, side, close, side, touch, repeat with ¼ turn L**

1&2&                      Step R to R, touch L beside R, step L to L, touch R beside  
3&4&                      Step R to R, bring L to R, step R to R, touch L beside R  
5&6&                      Step L to L, touch R beside L, step R to R, touch L beside R  
7&8                        Step L to L, bring R to L, step L to L making a ¼ turn L & hold (weight on L)

**[9 – 16] Cross & back x 2, cross & back & ¼ turn L**

9&10&                     Cross rock R over L, back on L, rock back on R, fwd on L  
11&12                    Cross rock R over L, back on L, rock back on R (weight on R)  
13&14&                   Cross rock L over R, back on R, rock back on L, fwd on R  
15&16                    Cross rock L over R, back on R, step on L making ¼ turn L (weight on L)

**[17-24] Toe, struts, rocking chair, toe, struts, step, ¼ left & cross**

17&18&                   R toe strut fwd & heel down, left toe strut fwd & heel down  
19&20&                   Rock forward R & back on L, rock back on R, fwd on L  
21&22&                   R toe strut fwd & heel down, L toe strut fwd & heel down  
23&24                    Step R fwd & ¼ turn L & cross R over L

**[25-32] Side, rock back, side, rock back, side chasse, sailor ¼ R**

25&26&                   Step L to L, rock R behind L, fwd on L  
27&28&                   Step R to R, rock L behind R, fwd on R  
29&30                    Step L to L, bring R beside L, step L to L  
31&32&                    Make a ¼ turn R bringing R behind L, step L to L, step R to R, \*step onto L

**TAG: There is an 8 count Tag at the end of walls 1 and 4. \*When doing the Tags instead of stepping on the L on the '&' count at the end of the dance, just touch L beside R (weight on R).**

1&2                        Step L to L, bring R beside L, step fwd L, hold  
3&4                        Step R to R, bring L beside R, step back on R, hold  
5&6&                        Step back on L, step back on R, step fwd on L, hitch R knee  
7&8&                        Bump hips R,L,R,L (weight on L)

**Last Update – 1st August 2015**