

Life Changes

拍数: 32 墙数: 4 级数: Easy Novice
编舞者: Sebastiaan Holtland (NL) - September 2017
音乐: When You Look Like That - Thomas Rhett : (Album: Life Changed 2017 - iTunes
& other mp3 sites - 3:23)



TAG: One easy Tag of 2 counts in wall 4 after 32 counts, after; start again (facing 12 o'clock).

Introduction: 16 counts, Start on approx 13 sec.

[1-8] Side, Back, Sweep L with ¼ Turn L, Behind, Side, Step with ¼ Hitch Turn L, Press R Fwd with Sweep R, Behind, Side, Big Step R, Together.

1,2 Step L to L, Step R back make ¼ turn R (9.00) and sweep L from front to back.
3&4 Step L behind R, Step R to R, Step L forward make ¼ L (6.00) and hitch R knee up.
5,6 Press R forward, Recover back onto L and sweep R from front to back.
7& Step R behind L, Step L to L.
8& Step R big to R, Step L beside R.

[9-16] Fwd Rock/Recover, Together, Step, ½ Hitch Turn L, Small Step Back, 2x Step, Pushing Hips Fwd, Replace L, R.

1,2 Step R forward, Recover back on L.
&3,4 Step R beside L, Step L forward make ½ turn L (12.00) and hitch R knee up, Step R slightly back.
5,6 Step R slightly diagonal forward and pushing hips forward, Pushing hips forward weight onto R.
7,8 Step R slightly diagonal forward and pushing hips forward, Pushing hips forward weight onto R.

[17-24] Side, Behind, Side with ¼ Turn L, Press with Sweep R, Behind with Sweep L, Behind, Side, Together, Heel Twist R.

1,2& Step L to L, Step R behind L, Make ¼ turn L (9.00) step L to L.
3,4 Press R forward, Recover back onto L and sweep R from front to back.
5 Step R behind L and sweep L from front to back.
6&7 Step L behind R, Step R to R, Step L beside R. &8 Twist both heels forward, Twist both back to centre taking weight onto L.

[25-32] R Heel & Point L, Together, Syncopated Hip Bumps R, L, R, L (optional: Sways R, L), ½ Pivot Turn L, Side with ¼ Turn L, Behind, Side with ¼ Turn R, Heel Touch Fwd,

1&2& Touch R heel forward, Step R beside L, Point L out to L, Step L beside R.
3&4& Step R to R bump R hip to R, Bump L hip to L, Bump R hip to R, Bump L hip to L weight on L.

(Optional above counts 3&4& Sways R, L).

5&6 Step R forward, Pivot ½ turn L over L (9.00) take on L, Continue a ¼ L (12.00) step R to R.
7&8 Step L behind R, Make ¼ turn R (9.00) step R to R, Touch L heel forward weight on R.

(NB: Tag here ending wall 4 after 32 counts, after start again (facing 12 o'clock).

[1-2] Together, Syncopated Hip Bumps R, L, R.

&1&2 Step L beside R, Step R to R bump hip to R, Bump hip to L, Bump hip to R.

REPEAT THE DANCE AND HAVE FUN!!

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