

Change Your Life EZ

COPPER KNOB
BY STEPHEN

拍数: 16 墙数: 4
编舞者: Maryloo (FR) - January 2018
音乐: Change Your Life - Little Mix

级数: High Beginner NC



Intro : 8 + 16 counts – No Tag, No Restart
Alt. music: Little Me (unplugged) by Little Mix

R NIGHTCLUB BASIC, L NIGHTCLUB BASIC, R FWD, L FWD, 1/2 PIVOT R, L FWD, 1/2 TURN L, 1/4 TURN L.

1-2& Step R to side, rock L behind R., recover on R.
3-4& Step L to side, rock R behind L, recover on L
5-6& Step R forward, step L forward, pivot 1/2 turn right (weight on R) (6.00)
7-8& Step L forward, 1/2 turn to left stepping R back (12.00), 1/4 turn to left, stepping L to side (9.00)

CROSS ROCK STEP R, CROSS ROCK STEP L, STEP PIVOT 1/2 TURN L, FULL TURN L, R FWD, L FWD

1-2& Cross R over L, recover on L, step R to side
3-4& Cross L over R, recover on R, step L to side
5-6 Step R forward, pivot 1/2 turn left (weight on L) (3.00)
7&8& 1/2 turn left stepping R back (9.00), 1/2 turn left stepping L forward(3.00), step R forward, step L forward
1 Take the beginning of The dance : Step R to side

Have Fun !

Contact Choreographer : Maryloo : malouwin@hotmail.fr - WEBSITE : www.line-for-fun.com