

Changes

拍数: 32 墙数: 4 级数: Easy Intermediate
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音乐: Changes - Ilse DeLange



Sequence : 32-32-16 Restart-32-32-Tag-32-32-32-32-8-Tag-32-32-26 Ending
Intro: 8 Counts

Sec 1: Step fwd, Touch, & Step Back, Heel Dig, & Touch, Step Back, 1/2 Turn R, 1/4 Chasse

1-2 RF. Step fwd - LF. Touch toe beside RF
&3&4 LF. Step back - RF. Dig heel fwd - RF. Step together - LF. Touch toe beside RF
5-6 LF. Step back - RF. 1/2 Turn R step fwd (6:00)
7&8 LF. 1/4 Turn R step side - RF. Close beside LF - LF. Step side (9:00)

Sec 2: Cross, Side, Sailor Step, Cross, Side, Behind, Flick with Finger Snap

1-2 RF. Cross over LF - LF. Step side
3&4 RF. Cross behind LF - LF. Step side - RF. Step side
5-6-7-8 LF. Cross over RF - RF. Step side - LF. Cross behind RF - RF. Flick back with finger snap

Sec 3: Cross Rock, Recover, Side Rock, Recover, Cross, 1/4 Turn R, Chasse 1/4 Turn R

1-2-3-4 RF. Cross rock over LF - LF. Recover - RF. Side rock - LF. Recover
5-6 RF. Cross over LF - LF. 1/4 Turn R step back (12:00)
7&8 RF. Step side - LF. Close beside RF - RF. 1/4 Turn R step fwd (3:00)

Sec 4: Step fwd, Pivot 1/2 Turn R, Shuffle fwd, Rocking Chair

1-2 LF. Step fwd - Pivot 1/2 turn R (9:00)
3&4 LF. Step fwd - RF. Close beside LF - LF. Step fwd
5-6-7-8 RF. Rock fwd - LF. Recover - RF. Back rock - LF. Recover

Start Again

Restart: In the 3rd wall after count 16 (3:00)

Tag + Restart: After the 5th wall (9:00) And in the 10th wall after count 8 of the first block (6:00)

Step Side, Touch X2

1-2-3-4 RF. Step side - LF. Touch toe beside RF - LF. Step side - RF. Touch toe beside LF

End: Dance the 13th wall to count 26, count 2 of the 4th block, then do (9:00)

1/4 Chasse

3&4 LF. 1/4 Turn R step side - RF. Close beside LF - LF. Step side (12:00)

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