

Switching Positions

拍数: 32 墙数: 4 级数: Intermediate
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音乐: positions - Ariana Grande



Intro: 8 Counts

[1 - 8] $\frac{3}{4}$ BOX TURN LEFT, CROSS-ROCK DRAG, BEHIND SIDE CROSS

1&2& Slide R, Bring L in turning $\frac{1}{4}$ left (9:00), Slide L, Bring R in turning $\frac{1}{4}$ left (6:00)
3&4 Slide R, Bring L in turning $\frac{1}{4}$ left (3:00), Slide L
5&6 Cross R over L, Recover weight back onto L, Big step R to right, Drag L toe in toward R
7&8 Cross L behind R, Step R to right, Cross L over R

[9 - 16] $\frac{1}{4}$ TURN CROSS, FULL TURN, HIP BUMPS LEFT X2, $\frac{1}{4}$ TURN RIGHT W/FLICK, SHUFFLE FORWARD

1&2 Step R back turning $\frac{1}{4}$ left (12:00), Step L to side, Cross R over L
3&4 Step L back turning $\frac{1}{4}$ right (3:00), Step R forward turning $\frac{1}{2}$ right (9:00), Step L forward turning $\frac{1}{4}$ turn right (12:00)
5&6 Leaning weight on L, do two small hip bumps left, flick R back turning $\frac{1}{4}$ right (3:00)
7&8 Step R forward, Bring L forward next to R, Step R forward

[17 - 24] OUT RECOVER CROSS X2, SWAY LEFT, SWAY RIGHT, LEFT CHASSE

1&2 Step L to left, Recover weight to R, Cross L over R
3&4 Step R to right, Recover weight to L, Cross R over L
5 - 6 Step L to left with body sway, Shift weight to R with body sway
7&8 Step L to left side, Step R next to L, Step L to left side

[25 - 32] CROSS-ROCK, STEP RIGHT, HOLD, BALL STEP, TRIPLE STEP $\frac{1}{2}$ TURN RIGHT, FULL TURN LEFT, WALK FORWARD

1&2 Cross R over L, Recover weight back onto L, Step R to right side
3&4 Hold, Step L together, Step R to right side
5&6 Turn $\frac{1}{8}$ right stepping L forward (4:30), Turn $\frac{1}{4}$ right stepping R forward (7:30), Turn $\frac{1}{8}$ right stepping L forward (9:00)
7&8& Step R forward turning $\frac{1}{2}$ left (3:00), Step L backward turning $\frac{1}{2}$ left (9:00), Step R forward, Step L forward

TAG & RESTART: On Wall 2, dance the first 16 counts. It will normally end with the shuffle forward, with the weight on R. Walk one additional step forward with L, modifying the last shuffle forward from 7&8 to 7&8&.

7&8& Step R forward, Bring L forward next to R, Step R forward, Step L forward
With weight now on L, restart the dance again by sliding R.

SUGGESTED SIMPLIFICATION: If the final full turn left in the 4th set of 8 is too difficult, simply replace the full turn with two additional walks starting with the R.

7&8& Step R forward, Step L forward, Step R forward, Step L forward

Last Update - 1 Nov. 2020