

# Change

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Hiroko Carlsson (AUS) - March 2021  
音乐: Change - Pale Waves : (iTunes / Spotify)



(Intro: 16 counts)

## [S1] Syncopated V Step, Coaster Step-Together, Heel Twists, Coaster Step

1&2&      Step forward and out on R, Step forward and out on L, Step back and in on R, Step L next to R  
3&4&      Step back on R, Step L next to R, Step forward on R, Step L together  
5&6&      Twist both heels to the left-right-left-centre  
7&8      Step back on L, Step R next to L, Step forward on L

## [S2] Hook Turn 1/4R, Step-Lock-Step, Step-Pivot 1/2R, Cross-Samba

1&2&      Step forward on R, Hook L heel behind R, Step back on L whilst making a ¼ turn right, Hook R across L (3:00)  
3&4      Step forward on R, Lock L behind R, Step forward on R  
5 6      Step forward on L, Make a ½ turn right recover weight on R (9:00)  
7&8      Cross L over R, Rock R to the side, Recover weight on L\*\*-feet shoulder width apart-

## [S3] Heel-Toe Walk In, Ball-Cross-Side-Behind-1/4L-Step-Pivot 1/4L-Cross-Side, Heel-Toe Walk In-Ball

1&2      Swivel R heel in, Swivel R toe in, Swivel R heel in  
&3&      Ball step R next to L, Cross L over R, Step R to the side  
4&      Step L behind R, Make a ¼ turn right stepping forward on R (12:00)  
5&6&      Step forward on L, Make a ¼ turn right recover weight on R, Cross L over R, Step R to the side (3:00)  
7&8&      Swivel L heel in, Swivel L toe in, Swivel L heel in, Ball step L next to R

## [S4] Cross Rock-1/4R, Side Rock-Sailor Step, Behind, 3/4L Pencil Turn-Touch

1 2&      Rock R across L, Recover weight in L, Make a ¼ turn right stepping forward on R (6:00)  
3 4      Rock L to the side, Recover weight on R  
5&6      Step L behind R, Step R to the side, Step L to the side  
7 8      Make a ¼ turn left stepping forward on L, 1/2L sweeping R around touch R next to L (9:00)

Restart: On Wall 2 count 16\*\* (6:00) and Wall 5 count 16\*\* (9:00)

Tag: End of Wall 3 (3:00) and Wall 7 (3:00)- V Step - Step forward and out on R(1), Step forward and out on L(2), Step back and in on R(3), Step L next to R(4)

Ending suggestion: The last 2 counts on S4, Make a ¼ turn left stepping forward on L, 1/4L sweeping R around to the front.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)  
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