

Changes

拍数: 24 墙数: 4 级数: Novice
编舞者: Tomasz & Angela (DE) - April 2021
音乐: Changes - Cam : (Album: The Otherside)



Note: The dance begins with the use of singing

Abbreviations: RF - right foot -- LF - left foot

S1: Jump back - kick - close, kick, kick, back r + l, swivet

- 1 & 2 jump backwards with right - kick LF forward and move towards right Kick
- 3-4 RF forward - step backwards with the right, Kick LF forward
- 5-6 - step backwards with the left
- 7-8 Turn left toe to the left / right heel to the right - turn feet back again, Weight at the end on the left

S2: Pivot half l 2x, step, hold, swivet

- 1-2 step forward with right - half turn to the left on both balls, Weight at the end on the left (6 o'clock)
- 3-4 step forward with right - half turn to the left on both balls, Weight at the end on the left (12 o'clock)
- 5-6 step forward with right - hold
- 7-8 Turn left toe to the left / right heel to the right - turn feet back again, Weight at the end on the left

(Restart: In the 6th lap - direction 3 o'clock - stop here and start over)

S3: Side - behind - quarter turn r, step pivot quarter r - cross, rock side - quarter turn l, scissor step

- 1 & 2 step right with right - cross LF behind right, turn a quarter turn to the right and Step forward with right (3 o'clock)
- 3 & 4 Step forward with left - quarter turn to the right on both balls, weight at the end on the right and cross LF over right (6 o'clock)
- 5 & 6 Step to the right with the right - weight back on the LF - four-turn to the left and step forward front right (3 o'clock)
- 7 & 8 step to the left with left - put RF on left and cross LF over right

Repeat until the end

(End: The dance ends here in the 14th round - towards 3 o'clock; at the end, step forward with right - Quarter turn to the left on both bales, weight at the end to the left - 12 o'clock)