

Change My Ways EZ

拍数: 48 墙数: 4
编舞者: Cathy Sumner (USA) - May 2021
音乐: Change My Ways - Mike Zito

级数: Absolute Beginner



Starts after 48 counts

(1-8) Side step-touches (4X)

1 - 4 Step right to right side, touch left beside right, step left to left side, touch right beside left.
5 - 8 REPEAT

(9-16) Vine Right, touch Left, vine Left 1/4 turn Left touch Right

1 - 4 Step right to right side, step left behind right, step right to right side, touch left next to right.
5 - 8 Step left to left side, step right behind left and turning 1/4 left, step left forward & touch right next to left.

(17-24) Rock forward Right, rock back Right (2x) (Rocking Chair)

1 - 2 Rock right forward, recover to left.
3 - 4 Rock right back, recover to left.
5 - 8 REPEAT

*(25-32) Rock forward Right, recover Left, triple back RLR, Rock back Left recover Right, triple forward LRL

1-2 Rock forward right, recover to left.
3&4 Triple back right, left, right.
5-6 Rock back left, recover to right.
7&8 Triple forward left, right, left .

(33-40) Dip/Sway with bump to Right then Dip/Sway with bump to Left

1 - 2 Dip knees while swaying to right, bump right with weight on right.
3 - 4 Dip knees while swaying to left, bump left with weight on left.
5 - 8 REPEAT

(41-48) Step slide to Right 2 Left hip bumps, step slide to Left 2 Right hip bumps

1 - 2 Step right to right side, slide left to right, touch left next to right.
3&4& Raise left hip up, down, up, down. (hip bumps).
5 - 6 Step left to left side, slide right to left, touch right next to left.
7&8& Raise right hip up, down, up, down (hip bumps).

REPEAT - No Tags, No Restarts - slow - good for warm up & cool downs.

*Choreographer's Note: This dance can be used as a floor split for other higher level dances to this music. It is also a way to introduce standard patterns and weight changes to Absolute Beginners. With progression the section below can replace the 4th section above.

(25-32) Half Pivot Left, Triple forward (RLR), Half Pivot Right, Triple Forward (LRL)

1 - 2 Step forward right, half pivot to left.
3 & 4 Triple step forward right, left, right.
5 - 6 Step forward left, half pivot to right.
7 & 8 Triple step forward left, right, left.

Last Update - 9 May 2021

Would like to thank Rosie Multari for her help with my step sheet.

