

# Change My Ways EZ

**COPPER** **KNOB**  
BY STEPSHEETS

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



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.

