

Changing Lanes

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Changing Lanes (from The Publicist) - Marcell



Intro music. 16 counts

Restart. 1 Restart at wall 4 after 16 count (with change movements)

SECTION I. BACK (2x) - ½ TURN - FORWARD - ½ TURN - FORWARD (2x) - HOLD

1 - 2& Step L backward (1) Step R backward (2) Turn ½ left Step L forward (&)
3 - 4& Step R forward (3) Turn ½ left Step L in place (4) Step R forward (&)
5 - 8 Step L forward (5) Hold (6-8) with hand styling

Hand styling:

5 - 6 Swing both arm upward from hip level to above the head
7 - 8 Swing both arm downward to hip level

RESTART at wall 4 with change movements on the counts of 5-8 as follow:

5 - 8 Step L forward while sweeping R from back to right side (5) Point R (6) Drag R next to L (7)
Step R & put L on toe prepare to start from the beginning (8)

SECTION II. SCISSOR (2x) - FULL TURN - FORWARD - FORWARD - ½ TURN - FORWARD - FORWARD

1 - 2& Step R to side (1) Step L next to R (2) Cross R over L (&)
3 - 4& Step L to side (3) Step R next to L (4) Cross L over R (&)
5 - 6& Cross R over L & full turn (5) Step L forward (6) Step R forward (&)
7 - 8& Turn ½ left Step L in place (7) Step R forward (8) Step L forward (&)

SECTION III. CROSS ROCK - SYNCOPATED WEAVE - SWEEP - ¼ TURN - ½ TURN

1 - 2& Cross R over L (1) Recover on L (2) Step R to side (&)
3&4& Cross L over R (3) Step R to side (& Cross L behind R (4) Step R to side (&)
5 - 6& Cross L over R while sweeping R from back to front (5) Cross R over L (6) Turn ¼ to right &
step L back (&)
7 - 8& Step R back (7) Recover on L (8) Turn ½ to left & step R back (&)

SECTION IV. ¼ TURN - BACKWARD - SWEEP (2X) - FULL TURN SWEEP

1 - 2& Step L back (1) Recover on R (2) Turn ¼ to right & step L back (&)
3 - 4 Step R back while sweeping L from front to back (3) Step L back while sweeping R from front
to back (4)
5 - 6& Step R back (5) Recover on L (6) Turn ½ to left & step R back (&)
7 - 8 Turn ½ to left & step L forward while sweeping R from back to front (7) Step R next to L & put
L on toe (8)