

Exchange

拍数: 52 墙数: 2 级数: Phrased Advanced
编舞者: Adeline Cheng (MY), Heru Tian (INA) & EWS Winson (MY) - August 2021
音乐: Exchange (交换) - Zhou Shen (周深)



Intro : 16 counts in (Approx 0.18 sec)

Notes : -

Sequence : ABB, Tag 1, A*, Tag 2, BBA-, Tag 2, BBB, A(8) + Ending

Part A (36 counts) - Always begin at 12.00 o'clock.

#1 (1-8) ½ (L) with R Back & L Sweep, L Behind, R Side, L Cross, R Side Rock Cross, L Basic Nightclub, R Piqué 1¾ (R)

- 1 Weight on LF forward: Turn ½ L over L shoulder stepping RF back while sweeping LF from front to back (1) 6.00
- 2&3 Cross LF behind RF (2), step RF to R side (&), cross LF over RF (3) 6.00
- &4& Rock RF to R side (&), recover weight on LF (4), cross RF over LF (&) 6.00
- 5-6& Take a big step LF to L side (5), rock RF behind LF (6), recover weight on LF slightly crossing over RF (&) 6.00
- 7&8& Turn ¼ R stepping RF forward while lifting L knee to touch R calf into a figure 4 shape (7), turn ½ R stepping LF back (&), turn ½ R stepping RF forward while lifting L knee to touch R calf into a figure 4 shape (8), turn ½ R stepping LF back (&) - may do chaîné turns 3.00

Alternative options for (7&8&1):

i) ¼ R with R Forward Extended Lock Steps ended with L Sweep (7-&-8-&-1)

ii) Turn ¼ R stepping RF forward (7), turn ½ R stepping LF back (&), turn ½ R stepping RF forward (8), run forward on LF & RF ended with L Sweep (8-&)

#2 (9-16) ½ (R) with R Forward & L Sweep, L-R Diamond Fallaway ¼ (L), L Forward Rock & Recover with L Hitch, L Back & R Sweep, R Back & L Sweep

- 1 Turn ½ R stepping RF forward while sweeping LF from back to front (1) 9.00
- 2&3 Cross LF over RF (2), turn ⅛ L stepping RF to R side (&), step LF back (3) 7.30
- 4&5 Cross RF behind LF (4), turn ⅛ L stepping LF to L side (&), step RF forward (5) 6.00
- 6& Rock LF forward (6), recover weight on RF while lifting L knee (&) *** 6.00

A* happens here. Omit counts 7 and 8, then proceed with Section 3 on count 1.

- 7-8 Step LF back sweeping RF from front to back (7), step RF back sweeping LF from front to back (8) 6.00

#3 (17-24) L Back & R Sweep, R Behind, ⅛ (L) with L Side, R Forward & Spiral Full (L), L-R-L Curvy Run ¾ (L) with R Sweep, R Cross, L Side, R Back Rock & Recover, R Side

- 1 Step LF back sweeping RF from front to back (1) *** 6.00

i. Proceed here on A*.

ii. A- happens here as well. Add "Rock RF back (2), recover weight on LF (&)." Then, proceed with Tag 2.

- 2&3 Cross RF behind LF (2), turn ⅛ L stepping LF to L side (&), step RF forward making a full turn L over L shoulder ended with LF crossing over RF (3) 4.30
- 4&5 Run ¾ in a curvy manner over L shoulder starting with LF-RF-LF while sweeping RF from back to front (4-&-5) 12.00
- 6&7 Cross RF over LF (6), step LF to L side (&), rock RF behind LF (7) - open body to R diagonal 12.00
- 8& Recover weight on LF (8), step RF to R side (&) - return body to central position 12.00

#4 (25-32) L Back Rock & Recover, L Hinge ⅝ (R) with L Forward & R Passé / R Forward Kick, R Behind, ⅛ (L) with L Side, ⅛ (L) with R Forward & L Passé / L Forward Kick, L-R Back, L Back Rock & Recover, ⅛ (R) with L Side

- 1&2& Rock LF behind RF (1), recover weight on RF (&), turn ¼ R stepping LF back (2), turn ⅝ R stepping RF to R side (&) 7.30

- 3 Step LF forward lifting R knee to touch L knee into a figure 4 shape (3) - may kick RF forward 7.30
- 4&5 Cross RF behind LF (4), turn $\frac{1}{8}$ L stepping LF to L side (&), turn another $\frac{1}{8}$ L stepping RF forward lifting L knee to touch R knee into a figure 4 shape (5) - may kick LF forward 4.30
- 6&7 Step back on LF-RF (6-&), rock LF back (7) 4.30
- 8& Recover weight on RF (8), turn $\frac{1}{8}$ R stepping LF to L side (&) 6.00

#5 (33-36) R Developpe $\frac{1}{2}$ (R), R Forward, L Forward, Hold

- 1&2 Flick RF back (1), turn $\frac{1}{2}$ R on ball of LF making RF draw a circle from L to R and slightly extending RF forward (&), step RF forward (2) - make it fluid 12.00
- 3-4 Step LF forward (3), hold for 1 count (4) 12.00

Part B (16 counts)

#1 (1-9) R Basic Nightclub, L-R Side Body Sways, L Side, R Behind, $\frac{5}{8}$ (L) with L Side, R Forward, L Forward Rock & Recover

- 1-2& Step RF to R side (1), rock LF behind RF (2), recover weight on RF slightly crossing over LF (&) 12.00
- 3-4 Step LF to L side swaying body to L side (3), sway body to R side (4) 12.00
- 5-6& Step LF to L side (5), cross RF behind LF (6), turn $\frac{5}{8}$ L stepping LF to L side (&) 10.30
- 7-8& Step RF forward (7), rock LF forward (8), recover weight on RF (&) 10.30

#2 (9-16) $\frac{1}{2}$ (L) with L Forward & R Sweep, R Forward Raise, L Lock, R Forward & L Sweep $\frac{1}{8}$ (R), L-R Modified Serpiente Steps, R Back Rock & Recover, R Pivot $\frac{1}{2}$ (L) X2

- 1 Turn $\frac{1}{2}$ L stepping LF forward whilst sweeping RF from back to front (1) 4.30
- 2&3 Step forward on ball of RF raising R heel (2), lock LF behind RF with both heels raised off the ground (&), step RF forward sweeping LF from back to front and turn $\frac{1}{8}$ R (3) 6.00
- 4&5 Cross LF over RF (4), step RF to R side (&), cross LF behind RF sweeping RF from front to back (5) 6.00
- 6& Rock RF behind LF (6), recover weight on LF (&) 6.00
- 7&8& Step RF forward (7), turn $\frac{1}{2}$ L shifting weight to LF (&), step RF forward (8), turn $\frac{1}{2}$ L shifting weight to LF (&) - may do R Rocking Chair 6.00

Tag 1 - R-L Forward Prissy Walk

- 1-2 Step RF forward slightly crossing over LF (1), step LF forward slightly crossing over RF (2)

Tag 2 - R Diagonal Side & L Arabesque, L Collect & Close with Knees Bent

- 1 Step RF to R side slightly facing R diagonal while extending LF to L side (1)
- 2 Collect and close LF beside RF with both knees bent (2)

Ending: After finishing Section 1 of Part A, turn $\frac{1}{2}$ R stepping RF forward while sweeping LF from back to front and make another $\frac{1}{4}$ R with LF crossing over RF to give this dance a perfect ending.
