

Cruisin' Changed My Life

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 2 级数: Phrased Intermediate
编舞者: Karen McMillan Clark (USA) & Neil Hale (USA) - April 2022
音乐: Change My Life - Levi Hummon



Start with weight on R
Three Distinct Parts: A/B/C
One Tag (4 counts)
Dance Phrasing Order: ABC ABC A,B(16) Tag CC

Part A: (16 Counts)

Stationary "Asterik" Cha-cha-chas

S1 (1-8) CROSS BREAKS AND CHA-CHA-CHAS

1-2 Cross/rock left over right, recover to right
3&4 Triple in place stepping left, right, left (cha-cha-cha)
5-6 Cross/rock right over left, recover to left
7&8 Triple in place stepping right, left, right (cha-cha-cha)

S2 (9-16) FORWARD & BACK WITH CHA-CHA-CHAS

1-2 Rock left forward, recover to right
3 & 4 Shuffle back stepping left, right, left (cha-cha-cha)
5-6 Rock right back, recover to left
7 & 8 Shuffle forward stepping right, left, right (cha-cha-cha)

Part B: 32 Counts

S1 (1-8) Out-Out, Walk-Walk, Out-Out, 3 Count ¼ turn

&1 "Out-Out" Step forward & Left on L then step R to the R, hip distance from L
2-3 "Walk, Walk" Walk forward LR
&4 "Out-Out" Step forward & Left on L then step R to the R, hip distance from L
5&6 "Three step ¼ Turn" - Step back on ball of L, turn ¼ to L, Step forward R, Step forward L
7&8 "Kick and Point" - kick R forward, Step on R, Point L toe out to left side

S2 (9-16) Crossed Heel Jacks, Turn ½, Walk, Walk

1&2& "Crossed Heel Jacks" Cross L in front of R, Step to the right on R, Point L heel out to left front, Step back on Left
3&4 Cross R in front of L, Step to the left on L, Point R heel out to right front
&5 Step back on R, cross L in front of R
6 Turn R ½
7-8 Walk in place L, R

S3 (17-24) Out-Out, Walk-Walk, Out-Out, 3 Count ¼ turn

&1 "Out-Out" Step forward & Left on L then step R to the R, hip distance from L
2-3 "Walk, Walk" Walk forward LR
&4 "Out-Out" Step forward & Left on L then step R to the R, hip distance from L
5&6 "Three step ¼ Turn" - Step back on ball of L, turn ¼ to L, Step forward R, Step forward L
7&8 "Kick and Point" - kick R forward, Step on R, Point L toe out to left side

S4 (24-32) Crossed Heel Jacks, Turn ½, Walk, Walk

1&2& "Crossed Heel Jacks" Cross L in front of R, Step to the right on R, Point L heel out to left front, Step back on Left
3&4 Cross R in front of L, Step to the left on L, Point R heel out to right front
&5 Step back on R, cross L in front of R
6 Turn R ½

7-8 Walk in place L, R

Part C* - 32 Counts

(*Cruisin' choreo by Neil Hale)

S5 (1-8) CROSS BREAKS AND CHA-CHA-CHAS

1-2 Cross/rock left over right, recover to right
3&4 Triple in place stepping left, right, left (cha-cha-cha)
5-6 Cross/rock right over left, recover to left
7&8 Triple in place stepping right, left, right (cha-cha-cha)

S6 (9-16) FORWARD & BACK WITH CHA-CHA-CHAS

1-2 Rock left forward, recover to right
3&4 Shuffle back stepping left, right, left (cha-cha-cha)
5-6 Rock right back, recover to left
7-8 Shuffle forward stepping right, left, right (cha-cha-cha)

S7 (17-24) STEP-PIVOT TURN 1/2 RIGHT (TWICE) LEFT VINE

1-2 Step left forward, turn 1/2 right (weight to right)
3-4 Step left forward, turn 1/2 right (weight to right)
5-6 Step left to side, cross right behind left
7-8 Turn 1/4 left and step left forward, step right forward

S8 (25-32) TURNS & RIGHT VINE

1 Turn 1/2 left (weight to left)
2 Turn 1/4 left and step right to side (12:00)
3-4 Cross left behind right, turn 1/4 right and step right forward
5-6 Step left forward, turn 1/2 right (weight to right)
7 Turn 1/4 right and step left to side (12:00)
8 Step right together

REPEAT:

Tag: 4 Counts "Out-Out, In-In"

1 Step out & forward to the left on L
2 Step out & forward to the right on R
3 Step back & in on L
4 Step R back & in on R

Cruisin' by Neil Hale is one of my favorite classic line dances.

It can be danced individually or with a partner.

I choreographed Cruisin' Changed My Life, to include the 32 count Cruisin' during the chorus, because it felt so good dancing it. But, by including Cruisin' it made traditional choreography challenging. Therefore, this line dance is choreographed having 3 parts; A-B-C and one Tag.

You can find me on social media under the name "Retirees AtPlay"
