

Changed For The Better

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Wil Bos (NL) - June 2022
音乐: Changed Everything - Austin Burke



Info : Intro 32 counts

SEC 1 Side, Cross Rock, ¼ Shuffle, Step, ¼ Pivot, Samba Step

1 Step right to right
2-3 Cross rock left over right, recover weight onto right
4&5 Step left to left, step right beside left, turn ¼ left step left forward (9:00)
6-7 Step right forward, pivot ¼ left transferring weight onto left (6:00)
8&1 Cross right over left, rock left to left, recover weight onto right

SEC 2 Step, Touch & Heel & Rock, ¼ Side Shuffle

2 Step left forward
3&4& Touch right beside left, step right back, touch left heel forward, step left beside right
5-6 Rock right forward, recover weight onto left
7&8 Turn ¼ right step right to right, step left beside right, step right to right (9:00)

SEC 3 Cross, Side, Sailor Step, Cross, ¼ Back, ¼ Side Shuffle

1-2 Cross left over right, step right to right
3&4 Step left behind right, step right to right, step left to left
5-6 Cross right over left, turn ¼ right step left back (12:00)
7&8 Turn ¼ right step right to right, step left beside right, step right to right (3:00)

SEC 4 Cross Rock, Ball Cross, Side, ¼ Weave, Step, ½ Pivot

1-2 Cross rock left over right, recover weight onto right
&3-4 Step left beside right, cross right over left, step left to left
5&6 Step right behind left, turn ¼ left step left forward, step right forward (12:00)
7-8 Step left forward, pivot ½ right transferring weight onto right (6:00)

SEC 5 Cross, Point, Sailor Step, ¼ Sailor Turn, Cross, Point

1-2 Cross left over right, point right to right
3&4 Step right behind left, step left to left, step right to right
5&6 Turn ¼ left step left behind right, step right to right, step left to left (3:00)
7-8 Cross right over left, point left to left

SEC 6 Behind, Side, Cross Rock, ¼ Shuffle, Kick Ball Step

1-2 Step left behind right, step right to right
3-4 Cross rock left over right, recover weight onto right
5&6 Turn ¼ left step left forward, step right beside left, step left forward (12:00)
7&8 Kick right forward, step right beside left, step left forward

SEC 7 Rocking Chair, ¼ Jazz Box

1-2 Rock right forward, recover weight onto left
3-4 Rock right back, recover weight onto left
5-6 Cross right over left, turn ¼ right step left back (3:00)
7-8 Step right to right, step left forward

SEC 8 Step, ½ Pivot, Shuffle, ½ Back, ¼ Side, Cross, Side Together

1-2 Step right forward, pivot ½ left transferring weight onto left (9:00)

3&4 Step right forward, step left beside right, step right forward
5-6-7 Turn $\frac{1}{2}$ right step left back, turn $\frac{1}{4}$ right step right to right, cross left over right (6:00)
8& Step right to right, step left beside right

Last Update - 21 June 2022
