

Change of Heart

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Dee Musk (UK) - May 2024
音乐: Coming For You - JoJo : (Album: The High Road)



No Tags or Restarts

#36 Count Intro – Approx 18 secs. (just before main vocals)

Track approx 3 mins 31 secs. BPM 112.

Track available from iTunes. deedeemusk@gmail.com

Modified Rumba Box Back, Rock Back, Recover, Step, Right Lock Step.

1-3 Step R to R side, step L next to R, step back on R.
4-6 Rock back on L, recover weight to R, step forward on L.
7&8 Step forward on R, cross lock L behind R, step forward on R. (12.00).

Syncopated Rocks Fwd, Back R, Back L, R Coaster Cross.

1-2& Rock forward on L, recover weight to R, step L next to R.
3-4 Rock forward on R, recover weight on L.
5 Step back on R (option: fan L toes out as you step back).
6 Step back on L (option: fan R toes out as you step back).
7&8 Step back on R, step L next to R, cross step R over L. (12.00).

Side, Hold, Ball Rock, Recover, Ball, ¼ R, Step L, 3/8 Turn R, Step L.

1,2 Step L to L side, hold for count 2.
&3,4 Step ball of R next to L, rock L out to L side, recover weight to R.
&5 Step ball of L next to R, make ¼ turn R stepping forward on R.
6-8 Step forward on L, make 3/8 turn R to face 7:30, step forward on L. (7:30).

Step R, Pivot ½ L, Step R, Step L, Pivot ½ R, Step L, Step R 1/8 R, Drag L.

1-3 Step forward on R, make ½ turn L, step forward on R (facing 1:30).
4-6 Step forward on L, pivot ½ turn R, step forward on L. (facing 7.30).
7-8 Make 1/8 turn L stepping R to R side to square up to 6:00, drag L up to R. (6.00).

Ball, Cross, Side, Behind-Side-Cross, ¾ Turn L Walking L, R, Then L Shuffle.

&1,2 Step ball of L next to R, cross step R over L, step L to L side.
3&4 Step R behind L, step L to L side, cross step R over L.
5-6 Start making a ¾ turn L walking L, walk R.
7&8 Complete the ¾ turn L with a L shuffle stepping L, R, L. (9.00).

Cross, Side, Behind, Side, Heel, Ball, Cross, Side, Behind-Side-Cross.

1,2 Cross R over L, step L to L side.
3&4 Cross R behind L, step L to L side, extend R heel to R diagonal.
&5,6 Step R beside L, cross L over R, step R to R side.
7&8 Cross L behind R, step R to R side, cross L over R. (9.00).