

Magic Changes

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Those Magic Changes - Sha Na Na



ROCK, RECOVER, ¼ TURN SHUFFLE SIDE, CROSS, SIDE, SAILOR SHUFFLE

1-2 Rock right over left, recover to left
3&4 Shuffle to side turning ¼ right stepping right, left, right
5-6 Cross left over right, step right to side
7&8 Cross left behind right, step right to side, step left to side

BEHIND, ¾ UNWIND, SIDE MAMBO TWICE, ROCK, RECOVER

1-2 Touch right behind left, unwind ¾ right (weight to right)
3&4 Rock left to side, recover to right, step left together
5&6 Rock right to side, recover to left, step right together
7-8 Rock left back, recover to right

STEP, SWEEP, STEP, SWEEP, CROSS, BACK, SIDE, FORWARD

1-2 Step left forward, sweep right from back to front
3-4 Step right forward, sweep left from back to front
5-6 Rock left forward, recover to right
7-8 Step left to side, step right forward

STEP, SWEEP, STEP, SWEEP, CROSS, BACK, SIDE, FORWARD

1-8 Repeat previous 8 counts

HIP BUMPS TWICE, ROCK, RECOVER, ¼ TURN SHUFFLE SIDE

1&2 Step left diagonally forward and bump hips left, right, left
3&4 Step right diagonally forward and bump hips right, left, right
5-6 Rock left forward, recover to right
7&8 Triple in place turning ¼ left stepping left, right, left

ROCK, RECOVER, SHUFFLE IN PLACE, TWICE

1-2 Rock right forward, recover to left
3&4 Triple in place stepping right, left, right
5-6 Rock left forward, recover to right
7&8 Triple in place stepping left, right, left

STEP, LOCK, SHUFFLE FORWARD, STEP, ½ TURN, LOCK STEP FORWARD

1-2 Step right forward, lock left behind right
3&4 Shuffle forward right, left, right
5-6 Step left forward, turn ½ right (weight to right)
7&8 Step left forward, lock right behind left, step left forward

ROCK, RECOVER, SHUFFLE ¾ TURN, ROCK, RECOVER, SHUFFLE ½ TURN

1-2 Rock right forward, recover to left
3&4 Triple in place turning ¾ right stepping right, left, right
5-6 Rock left forward, recover to right
7&8 Triple in place turning ½ left stepping left, right, left

REPEAT

TAG

At the end of the second repetition: add the following 16 counts

½ TURN, ½ TURN, SHUFFLE FORWARD, STEP, ½ TURN, SHUFFLE FORWARD

1-2 Turn ½ left and step right back, turn ½ left and step left forward

Easier option:

1-2 Step right forward, step left forward

3&4 Shuffle forward right, left, right

5-6 Step left forward, turn ½ right (weight to right)

7&8 Shuffle forward left, right, left

½ TURN, ½ TURN, SHUFFLE FORWARD, STEP, ½ TURN, SHUFFLE FORWARD

1-8 Repeat previous 8 counts

FINISH

Dance will end during the fourth repetition. Do the first 24 counts of the dance and add:

STEP, SWEEP, STEP, SWEEP, STEP, ½ PIVOT, SHUFFLE FORWARD

1-2 Step left forward, sweep right from back to front

3-4 Step right forward, sweep left from back to front

5-6 Step left forward, turn ½ right (weight on right)

7&8 Shuffle forward left, right, left

ROCK, COASTER

1 Step right forward

2&3 Step left back, step right together, step left forward
