

Nothin' Stays The Same

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Geri Morrison (UK)
音乐: Used to the Pain - Keith Urban



STEP, KICK, TOUCH, REVERSE PIVOT ½ TURN LEFT, STEP, PIVOT ½ TURN LEFT, RIGHT SHUFFLE FORWARD

1-2 Step forward on right, kick left forward
3-4 Touch left toe back, make ½ turn left - taking weight on left
5-6 Step forward on right, pivot ½ turn left
7&8 Right shuffle forward stepping right, left, right (12:00)

STEP, KICK, TOUCH, REVERSE PIVOT ½ TURN RIGHT, STEP, PIVOT ½ TURN RIGHT, LEFT SHUFFLE FORWARD

1-2 Step forward on left, kick right forward
3-4 Touch right toe back, make ½ turn right - taking weight on right
5-6 Step forward on left, pivot ½ turn right
7&8 Left shuffle forward stepping left, right, left, (12:00)

CROSS, BACK, BACK ROCK, RECOVER, 2 X ¼ TURNS LEFT, RIGHT KICK-BALL-CHANGE

1-2 Cross step right over left, step back on left
3-4 Rock back on right, recover weight on left
5-6 Make a ¼ turn left stepping back on right, make a ¼ turn left stepping left to left side
7&8 Kick right forward, step ball of right beside left, step left in place, (6:00)

Restart from here on wall 4

FULL TURN LEFT (TRAVELING FORWARD), STEP, TOUCH, BACK, TOUCH, RIGHT SHUFFLE FORWARD

1-2 Make a ½ turn left stepping back on right, make a ½ turn left stepping forward on left
3-4 Step forward on right, touch left behind right
5-6 Step back on left, touch right in front of left
7&8 Right shuffle forward stepping right, left, right, (6:00)

¼ TURN LEFT, HOLD, BACK ROCK, RECOVER, ROLLING VINE FULL TURN RIGHT CROSS

1-2 Make a ¼ turn right stepping left to left side, hold, (9:00)
3-4 Rock back on right, recover weight on left
5-6 Step right ¼ turn right, step back on left making ½ turn right
7-8 Step right to right side making ¼ turn right, cross step left over right, (9:00)

Easier option:

5-7 Grapevine right
8 Cross step left over right

SIDE RIGHT, SLIDE, BACK ROCK, RECOVER, CHASSE LEFT, BACK ROCK, RECOVER

1-2 Step right to right side, slide left up to right (weight on right)
3-4 Rock back on left, recover weight on right
5&6 Step left to left side, close right beside left, step left to left side
7-8 Rock back on right, recover weight on left

MONTEREY ½ TURN RIGHT, ROCKING CHAIR

1-2 Point right to right side, make ½ turn right stepping right beside left
3-4 Point left to left side, step left beside right
5-6 Rock forward on right, recover weight on left

7-8 Rock back on right, recover weight on left, (3:00)

REPEAT

RESTART

During the 4th wall, dance to count 24, then start the dance again from the beginning. You will be facing 3:00 wall
