

# Running Through The Changes

**COPPER** KNOB  
BY STEPHEN BRETZ

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Bob Reid (USA)  
音乐: Nothing I Can Do About It Now - Willie Nelson



## ROCK, RECOVER, SHUFFLE TURN ½, ROCK, RECOVER, SHUFFLE

1-2-3&4      Rock back on left, recover on right, shuffle forward left, right, left making a ½ turn right  
5-6-7&8      Rock back on right, recover on left, shuffle forward right, left, right

## ROCK, RECOVER, ½ TURN SHUFFLE, STEP, ¼ TURN, VINE

1-2-3&4      Rock forward left, recover on right, shuffle back left, right, left making a ½ turn left  
5-6-7&8      Step forward on right, turn ¼ left onto left, step right behind left, side left, cross right over left

## SIDE, BEHIND, SIDE, HEEL FORWARD, BACK, CROSS, SIDE, BEHIND, SIDE, HEEL FORWARD, BACK, CROSS

1-2&3&4      Step side left, step right behind left, step back left, right heel forward, back right, cross left over right  
5-6&7&8      Step side right, step left behind right, step back on right, left heel forward, back left cross right over left

## SHUFFLE ¼ TURN, SHUFFLE ¼ TURN, SHUFFLE, STEP BACK, TOUCH

1&2-3&4      Side left, together right, side left turning ¼ right, side right, together left, side right turning ¼ right  
5&6-7-8      Side left, together right, side left, step back on right, bring left back slightly and touch

## CROSS, TURN ¼, SHUFFLE, CROSS, TURN ¼, SHUFFLE

1-2-3&4      Cross left over right, step back on right turning ¼ left, side left, together right, side left  
5-6-7&8      Cross right over left, step back on left turning ¼ right, side right, together left, side right

## CROSS ROCK, TURN ¼, SHUFFLE, STEP TURN ¼, SAILOR STEP

1-2-3&4      Cross left over right, recover on right, turn ¼ left and shuffle forward left, right, left  
5-6-7&8      Step forward right, turn ¼ left onto left, step right behind left, side left, step right to right side

## REPEAT

## TAG

The tag is done after the first and after the second rotations only

1-4      Rock back on left, recover on right, rock forward on left, recover on right