

Things Change

拍数: 48 墙数: 4 级数: Improver
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音乐: Be Young, Be Foolish, Be Happy - Scooter Lee



KICKBALL POINT, HALF TURN, 2 SHUFFLES

- 1&2 Kick right foot forward, step right foot next to left, point left toe to left side
- 3-4 Cross left foot over right, unwind for ½ turn right (weight on left foot)
- 5&6 Step right foot forward, step left foot beside right, step right foot forward
- 7&8 Step left foot forward, step right foot beside, step left foot forward

SHUFFLE RIGHT, ROCK STEP, SHUFFLE LEFT, ROCK TURN

- 1&2 Step right foot to right side, step left foot beside right, step right foot to right side
- 3-4 Rock back on left foot, regain weight on right foot
- 5&6 Step left foot to right side, step right foot beside left, step left foot to left side
- 7-8 Rock back on right foot, turn ¼ turn right regain the weight on the left foot

STEP, TOE, HEEL, CROSS, CHASSE BACK, ROCK STEP

- 1-2 Step forward right foot, touch left toe 45 degrees left
- 3-4 Touch left heel 45 degrees left, step left foot across right
- 5&6 (Keeping left foot over right) step back right foot, step back left foot, step back right foot
- 7-8 Rock back on left foot, regain the weight on the right

STEP, TOE, HEEL, CROSS, CHASSE BACK, ROCK STEP

- 1-2 Step forward on left foot, touch right toe 45 degrees right
- 3-4 Touch right heel 45 degrees right, step right foot across left
- 5&6 (Keeping right over left) step back left foot, step back right foot, step back left foot
- 7-8 Rock back on right foot, regain the weight on the left foot

SAMBA FORWARD 4 TIMES

- 1&2 Step forward right foot, rock back on ball of left, replace weight forward on right foot
- 3&4 Step forward left foot, rock back on ball of right, replace weight forward on left foot
- 5-8 Repeat above 4 counts

SHUFFLE BACK, TRIPLE ½ TURN, STEP PIVOT, WALK, WALK

- 1&2 Step back right foot, bring left foot beside right, step back right foot
- 3&4 Turn ¼ turn left, step left foot to left side, step right foot together, turn ¼ turn left, step forward with left
- 5-6 Step right foot forward, pivot ½ turn right, left foot takes the weight
- 7-8 Step right foot forward, step left foot forward

REPEAT
