

Things Have Changed

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lena Clark (SWE) & Carla Edholm
音乐: Things Have Changed - Bob Dylan



LOCK STEP, STEP, SCUFF, LOCK STEP, STEP, SCUFF

1-4 Step left forward, lock right behind left, step left forward, scuff right.
5-8 Step right forward, lock left behind right, step right forward, scuff left

STEP, KICK, CROSS, STEP, STEP, KICK, CROSS, STEP

9-12 Step left forward, kick right forward, cross right over left, step left back (but same attitude in the backwards step)
13-16 Step right back, kick left forward, cross left over right, step right back

WEIGHT CHANGE, STEP, HIP BUMPS OR BODY ROLL, STEP, HOLD, SAILOR SHUFFLE TURNING ¼ RIGHT

17-20 Change weight to left, step right forward, hip bumps right, left, right (exchange bumps for body roll)
21-24 Step left forward, hold, cross right behind left & turn ¼ right, step left to left side, step right in place

STEP, HOLD, SAILOR SHUFFLE TURNING ¼ RIGHT, CROSS, STEP ¼ RIGHT (STEP TURN ½ RIGHT)

25-28 Step left forward, hold, cross right behind left & turn ¼ right, step left to left side, step right in place
29-32 Cross left behind right, step right to right turning ¼ right step left forward & turn right ½, step right in place

REPEAT
