Things Have Changed

拍数: 32

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

- Step left forward, lock right behind left, step left forward, scuff right. 1-4
- 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)
- Step right back, kick left forward, cross left over right, step right back 13-16

WEIGHT CHANGE, STEP, HIP BUMPS OR BODY ROLL, STEP, HOLD, SAILOR SHUFFLE TURNING 1/4 RIGHT

- 17-20 Change weight to left, step right forward, hip bumps right, left, right (exchange bumps for body roll)
- Step left forward, hold, cross right behind left & turn 1/4 right, step left to left side, step right in 21-24 place

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

- Step left forward, hold, cross right behind left & turn 1/4 right, step left to left side, step right in 25-28 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





墙数: 4