

X-Change

拍数: 56 墙数: 4 级数: Improver
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音乐: Some Change - Boz Scaggs



RIGHT TOE, HEEL, SAILOR SHUFFLE

1-2 Touch right toe in place, touch right heel in place
3&4 Right sailor shuffle (cross right behind left, step left to side, step right next to left)

LEFT TOE, HEEL, SAILOR SHUFFLE

5-6 Touch left toe in place, touch left heel in place
7&8 Left sailor shuffle (cross left behind right, step right to side, step left next to right)

SHUFFLE FORWARD, STEP, SLIDE

1&2 Shuffle forward on right (right-left-right)
3 Step left forward(turn body to look over right shoulder)
4 Slide right up to left (return body to face front)

SHUFFLE FORWARD, STEP, ½ TURN

5&6 Shuffle forward on right (right-left-right)
7-8 Step left forward, ½ pivot right

LEFT TOE, HEEL, SAILOR SHUFFLE

1-2 Touch left toe in place, touch left heel in place
3&4 Left sailor shuffle (cross left behind right, step right to side, step left next to right)

RIGHT TOE, HEEL, SAILOR SHUFFLE

5-6 Touch right toe in place, touch right heel in place
7&8 Right sailor shuffle (cross right behind left, step left to side, step right next to left)

SHUFFLE FORWARD, STEP, SLIDE

1&2 Shuffle forward on left (left-right-left)
3 Step right forward(turn body to look over left shoulder)
4 Slide left up to right (return body to face front)

SHUFFLE FORWARD, STEP, ¼ TURN

5&6 Shuffle forward on left (left-right-left)
7-8 Step right forward, ¼ pivot left

ZIG-ZAG SHUFFLES, STEP, ½ TURN

1&2 Shuffle forward to right diagonal (right-left-right)
3&4 Shuffle forward to left diagonal (left-right-left)
5&6 Shuffle forward to right diagonal (right-left-right)
7-8 Step left forward, ½ pivot right

ZIG-ZAG SHUFFLES, STEP, ½ TURN

1&2 Shuffle forward to left diagonal (left-right-left)
3&4 Shuffle forward to right diagonal (right-left-right)
5&6 Shuffle forward to left diagonal (left-right-left)
7-8 Step right forward, ½ pivot left

STEP, HOLD, TURN, HOLD, HEEL, HEEL, SLOW TURN

- 1-2 Step right forward, hold
- 3-4 $\frac{1}{2}$ pivot left, hold
- 5 Pivot $\frac{1}{4}$ turn right (on balls of feet)
- & Tap both heels once
- 6 Pivot $\frac{1}{4}$ turn right (on balls of feet)
- & Tap both heels once
- 7-8 Turn $\frac{1}{2}$ to left (while rolling body up to vertical position. End with weight on left foot)

REPEAT
