

Change

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ron Kline (USA)
音乐: Change - Wide Mouth Mason



STEP, HOLD, SAILOR STEP, CROSS BEHIND, KICK SIDE, SAILOR STEP FORWARD

1-2& Step forward left diagonally left, hold, push off with right
3&4 Cross step right behind left, step side on ball of left, step right in place
5-6 Cross step left behind right, kick side right
7&8 Step right behind left, step side on ball of left, step forward right

STEP, HOLD, STEP, TURN TOGETHER, STEP, TURN, TURNING SHUFFLE

1-2 Step forward left, hold
3-4 Step forward right, pivoting $\frac{1}{2}$ left step left next to right
5-6 Step forward right, turning $\frac{1}{2}$ right step back left
7&8 Turning $\frac{1}{2}$ right shuffle right, left, right

You will be traveling towards the 6:00 (back) wall with counts 5-8

TURN, STEP SIDE, HOLD, AND CROSS, SIDE, CROSS, HOLD, AND STEP SIDE, CROSS

1-2 Turning $\frac{1}{4}$ right step side left, hold
&3-4 Step ball of right in place, cross step left over right, step side right
5-6 Cross step left over right, hold (keeping feet in place)
&7-8 Shift weight to right, step side left, cross step right over left

STEP, HOLD, AND STEP, TOUCH, TURN, TURN, TURNING COASTER STEP

1-2 Step forward left (angling lower body slightly right for styling), hold
&3-4 Step on ball of right next to left (straightening lower body), step forward left (angling lower body slightly right), touch right next to left (straightening lower body)
5-6 Turning $\frac{1}{4}$ right step side right, turning $\frac{1}{2}$ right step side left
7&8 Step back right diagonally left, turning $\frac{1}{4}$ left step side left, step forward right

REPEAT

RESTART

For the song "Change", after completing 16 counts of wall 2, restart the dance from count 1. You will be facing the 9:00 wall ($\frac{1}{4}$ left from the original starting wall).