

Change His Ways

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jane Thorpe (UK)
音乐: Change His Ways - Robert Palmer



CHASSE, ROCK BACK, RECOVER TWICE

1&2 Step right to right side, close left beside right, step right to right side
3-4 Rock back on left, recover on right
5&6 Step left to left side, close right beside left, step left to left side
7-8 Rock back on right, recover on left

SIDE TOUCHES, ROCKING CHAIR

1-2 Touch right to right side, step forward right
3-4 Touch left to left side, step forward left
5-6 Rock forward on right, rock back on left
7-8 Rock back on right, rock forward on left

HEEL SWITCHES TWICE, STEP STEP, ROCK RECOVER, TRIPLE ½ TURN

1& Dig right heel forward, step right next to left
2& Dig left heel forward, step left next to right
3-4 Step forward right, step forward left
5-6 Rock forward on right, recover back on left
7&8 Triple ½ turn, stepping right, left, right

ROCK, RECOVER, COASTER STEP, RIGHT VINE ¼ TURN

1-2 Rock forward on left, recover back on right
3&4 Step back left, step right beside left, step forward left
5-6 Step right to right side, step left behind right
7-8 Step right into ¼ turn, step left next to right

REPEAT
