

Changes

拍数: 48 墙数: 2 级数: Beginner
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音乐: Those Magic Changes - Sha Na Na



TOE STRUT, CROSS TOE STRUT, ROCK, STEP, BEHIND, SIDE, CROSS

1-2-3-4 Right toe touch right, snap right heel down, touch left toe across right, snap left heel down
5-6-7&8 Rock right to right, replace weight on left, step right behind left, step left to left, right cross over left

TOE STRUT, CROSS TOE STRUT, ROCK STEP TWICE

1-2-3-4 Left toe to left, snap left heel down, touch right toe across left, snap right heel down
5-6-7-8 Step left forward, rock back on right, step left back, rock forward on right

CROSS TOE STRUT, ROCK STEP, REPEAT

1-2-3-4 Touch left toe across right, snap down left heel, rock right to right, replace weight on left
5-6-7-8 Touch right toe across left, snap down right heel, rock left to left, replace weight on right

CROSS ROCK STEP, SIDE SHUFFLE, ROCK, STEP, ½ TURN RIGHT TRIPLE

1-2-3&4 Cross rock left across right, replace weight on right, left side shuffle, left, right, left
5-6-7&8 Rock forward on right, replace weight on left, triple ½ turn right, shuffle right, left, right

WEAVE, UNWIND ½ TURN LEFT, ROCK, STEP, COASTER

1-2-3-4 Step left across right, right to right, left behind right, unwind ½ turn left with weight remaining on left
5-6-7&8 Rock forward on right, replace weight on left, step back right, left next to right, step forward on right

WEAVE, UNWIND ½ TURN LEFT, ROCK STEP TWICE

1-2-3-4 Step left across right, right to right, left behind right, unwind ½ turn left with weight remaining on left
5-6-7-8 Step right forward, rock back on left, step back on right, rock forward on left

REPEAT

BIG FINISH!

1-2&3 Small step right forward, triple ½ turn left stepping left, right, left, with both arms raised out and up on the last count!
