

# Changes

拍数: 70      墙数: 2      级数:  
编舞者: Kath Cochrane  
音乐: Father and Son (Radio Edit) - Boyzone



## STEP, STEP, PIVOT & STEP, ¼ LEFT SIDE STEP, ROCK BACK, RECOVER FORWARD, SIDE STEP, BEHIND BALL CROSS

- 1-2&3&4      Step right forward, step left forward, pivot, step left forward, ¼ turn left step right to side, rock back on left
- 5-6-7&8      Recover forward onto right, large step to left on left, cross right behind, left to side, cross right in front

## ROCK, RECOVER, LEFT COASTER, SWEEP RIGHT, SWEEP LEFT SHUFFLE, STEP RIGHT SIDE, TOUCH LEFT TOGETHER

- 1-2-3&4      Rock left forward, recover, step left back, step right together, step left forward
- 5-6&7-8&      Sweep step right forward, sweep left step forward, right together, step forward left, large step on right to right side; touch left together

## ¼ LEFT, ½ LEFT SHUFFLE, COASTER, STEP, FULL TURN FORWARD

- 1-2&3-4&5      ¼ turn left step on left, ¼ turn left step back on right, step left together, ¼ step back on right, step left back, step right together, step forward on left
- 6-7&8      Step forward on right, ½ turn right step left back, ½ turn right step right forward, step left forward

## STEP, ¼ LEFT, CROSS, ½ TURN, CROSS, STEP, HIP & HIP

- 1-2-3&4      Step right forward, turn ¼ left, cross right over left, turn ¼ right step back on left, ¼ right step right to side
- 5-6-7&8      Cross step left over, large step right to side with hip, hips left-right-left

## WEAVE, SWEEP LEFT BACK, SWEEP RIGHT BACK, LEFT SAILOR

- 1&2&3&4      Cross right over, left to side, cross right behind, left to side, cross right over, left to side cross right behind
- 5-6-7&8      Sweep step left back, sweep step right back, left cross step behind right, right together, step left to center

## Tag goes her on wall 2

## CROSS ROCK, RECOVER, FULL TURN RIGHT, CROSS ROCK, RECOVER, FULL TURN LEFT

- 1-2-3&4      Cross rock right forward, recover, ¼ turn right step onto right, ½ turn right step back on left, ¼ turn right step right to side
- 5-6-7&8      Cross rock left forward, recover, ¼ turn left step onto left, ½ turn left step back on right, ¼ turn left step left to side

## CROSS, POINT, CROSS, POINT, RIGHT DIAGONAL SHUFFLE BACK, SWEEP LEFT DIAGONAL SHUFFLE BACK

- 1-2-3-4      Cross step right over left, point left to side, cross step left over right, point right to side
- 5&6-7&8      Turn body to face right diagonal step back on right, step left together, step back on right, sweep left around to swing body to face left diagonal step left back, step right together, step left back

## STEP, TOUCH, STEP, TOUCH, ¾ RIGHT TURN, ½ TURN LEFT

- 1-2-3-4      Large step right to side, touch left beside, large step left to side, touch right beside
- 5&6-7&8      ¼ turn right step on right, ½ turn right step back on left, step back on right, step forward on left, ½ turn left step back on right, step back on left

**BACK, BACK, BACK, FORWARD, ½ TURN SWEEP, HOLD**

- 1-2-3-4 Drag right back step down, drag left back step down, drag right back step down, step forward onto left
- 5-6 Sweep right around ½ turn left, point right to side and hold

**REPEAT**

**TAG**

**On the second wall dance up to count 40 (left sailor), then add the tag**

**CROSS ROCK RIGHT, ¾ TURN RIGHT**

- 1-2&3 Cross rock right over left, ¼ turn right step back on left, ½ turn right step forward on right, step forward on left

**This will bring you back to face the front start the dance from beginning again**

**For my lads Brett and Al**

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