

Don't Change Horses (In The Middle Of A Stream)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Mikael Mölsä (FIN) - July 2007
音乐: Don't Change Horses (In the Middle of a Stream) - Tower Of Power : (CD: Back to Oakland)



Starting point: At the vocals, at 0:11

STEP, STEP, SHUFFLE BACK, SWEEPS BACK, SAILOR STEP

1-2 Step right forward, step left forward
3&4 Shuffle back right-left-right
5-6 Sweep left from front to back (weight ends up on left), sweep right from front to back (weight ends up on right)
7&8 Step left behind right, step right next to left, step left to side

JUMP OUT, HIP ROLL, WIZARD OF OZ'S

&1 Jump out right-left
2-3-4 Roll hips counterclockwise for three counts (weight ends up on right)
5-6& Step left diagonal, lock right behind left, step left diagonal
7-8& Step right diagonal, lock left behind right, step right diagonal
Option: If you don't want to do the hip roll, you can just move the weight to the right foot and hold during the 3 counts.

DIAGONAL STEP, STEP TOGETHER, DIAGONAL STEP, TOUCH TOGETHER, 2 x 1/4 PIVOTS

1-2 Step left diagonal, step right next to left
3-4 Step left diagonal, touch right next to left
5-6 Step right forward, turn 1/4 to left
7-8 Step right forward, turn 1/4 to left

JUMP FORWARD, CLAP, JUMP BACK, CLAP, HIP WALK, 1/4 TURNING HIP WALK

&1-2 Jump out & forward right, left, clap hands
&3-4 Jump out & back right, left, clap hands
5&6 Step right forward and bump hips to right, left, right
7&8 Turn 1/4 to left with stepping left forward and bumping hips to left, right, left
Option: You can replace the claps (on counts 2 & 4) with hip bumps should you feel like it. In that case the first clap should be replaced with a hip bump to the left, and the second with a hip bump to the right. Also, should you not want to do the hip bumps forward, you can replace counts 5-8 with steps forward right-left-right-left. Just remember to turn with the last step a 1/4 to the left.

REPEAT