

# Change

拍数: 32      墙数: 4      级数: Intermediate NC2S  
编舞者: Junior Willis (USA) & Craig Bennett (UK) - January 2010  
音乐: Change - Carrie Underwood



Start 16 Counts into music...

## NC2 Basic, Step $\frac{1}{4}$ Left, $\frac{1}{2}$ turn, Rock, Recover, $\frac{1}{2}$ turn, $\frac{1}{4}$ turn, Step across, $\frac{1}{4}$ turn, Rock

- 1-2&      Step R to right side, slide L behind R, recover on R  
3-4&      Step L forward with  $\frac{1}{4}$  left, step R forward with  $\frac{1}{2}$  left, rock back on L (3:00)  
5&6-7      Recover on R, step L forward with  $\frac{1}{2}$  right, step R out to R with  $\frac{1}{4}$  R, step L across R (12:00)  
(opening body up to right diagonal)  
8&      Step R out to right while making  $\frac{1}{4}$  turn left, rock back on L (9:00)

## Recover, Sweep, Coaster, $\frac{1}{2}$ Pivot, Step forward, $\frac{1}{2}$ Turn, $\frac{1}{4}$ Turn, Rock, Recover, Step out

- 1-2&      Recover forward on R, sweep L around to front of R putting weight on L, step back on R  
3&4      Step L next to R, step forward on R, turn  $\frac{1}{2}$  to left putting weight on L (3:00)  
5-6&      Step R forward, step L forward with  $\frac{1}{2}$  turn right, step R out with  $\frac{1}{4}$  turn right (12:00)  
7&8      Rock L behind R, recover on R, step L out to L (while sliding R toward L)

## Rock, Recover, $\frac{1}{2}$ turn, Rock, Touch, Full Turn, Step, Chase $\frac{1}{2}$ turn with touch

- 1-2&      Rock R behind L coming up on toes of L, recover on L, step R forward with  $\frac{1}{2}$  turn (6:00)  
3&      Rock L behind R, touch R toes in front of L  
4&5      Step R forward with  $\frac{1}{4}$  turn R, step L forward with  $\frac{1}{4}$  turn R, step R forward with  $\frac{1}{2}$  turn R  
(6:00)  
6-7&8      Step L forward, step R forward,  $\frac{1}{2}$  pivot left putting weight on L, touch R next to L (12:00)

**NOTE: 4&5 should all be in one fluid motion to make the turn**

## Cross step, Cross step, Chase $\frac{1}{4}$ turn, Press, Sweep $\frac{1}{2}$ turn, Behind-Side-Cross, Sway, Sway

- 1-2      Step R over L (raising leg up slightly), step L over R (raising leg up slightly)  
3&4&      Rock R out to R, recover on L with  $\frac{1}{4}$  turn L, step R forward, press ball of L forward (9:00)  
5-6      Step down on R while sweeping L around with  $\frac{1}{2}$  turn to L, step L behind R (3:00)  
&7      Step R out to R, cross step L over R  
8&      Step R slightly out to right and sway hips to right, sway hips to left putting weight onto left

Begin Again.....

### 1st Restart:

Happens on the second wall after the first 16 counts

### 2nd Restart:

Happens on the third wall after the first 28& counts  
(do the press on the left, then start the dance at the top)