

Change

拍数: 32 墙数: 4 级数: Intermediate NC2S
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音乐: Change - Carrie Underwood



Start 16 Counts into music...

NC2 Basic, Step ¼ Left, ½ turn, Rock, Recover, ½ turn, ¼ turn, Step across, ¼ turn, Rock

- 1-2& Step R to right side, slide L behind R, recover on R
3-4& Step L forward with ¼ left, step R forward with ½ left, rock back on L (3:00)
5&6-7 Recover on R, step L forward with ½ right, step R out to R with ¼ R, step L across R (12:00)
(opening body up to right diagonal)
8& Step R out to right while making ¼ turn left, rock back on L (9:00)

Recover, Sweep, Coaster, ½ Pivot, Step forward, ½ Turn, ¼ 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 ½ to left putting weight on L (3:00)
5-6& Step R forward, step L forward with ½ turn right, step R out with ¼ 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, ½ turn, Rock, Touch, Full Turn, Step, Chase ½ turn with touch

- 1-2& Rock R behind L coming up on toes of L, recover on L, step R forward with ½ turn (6:00)
3& Rock L behind R, touch R toes in front of L
4&5 Step R forward with ¼ turn R, step L forward with ¼ turn R, step R forward with ½ turn R
(6:00)
6-7&8 Step L forward, step R forward, ½ 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 ¼ turn, Press, Sweep ½ 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 ¼ turn L, step R forward, press ball of L forward (9:00)
5-6 Step down on R while sweeping L around with ½ 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)