

# Afraid of Changing

COPPERKNOB  
BY STEPHENETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: George Archer (UK) - March 2011  
音乐: Landslide (Glee Cast Version) (feat. Gwyneth Paltrow) - Glee Cast



Intro: (Start on First Verse 00:13)

## STEP, SWEEP, CROSS, SIDE BEHIND, SWEEP, CROSS, SIDE, WEAVE, FULL TURN, SIDE, CROSS

- 1-2&      Step right forward, sweep left foot around front and cross over right, step right to side.  
3-4&      Cross left behind right, sweep right foot around back and cross behind left, step left to side.  
5&6&      Cross right over left, step left to side, cross right behind left, step left to side.  
7&8      Cross right over left, full turn over left shoulder, step on left, step right to side.

## SLIDE, SAILOR ¼ TURN, STEP LOCK STEP, STEP ½ TURN, STEP LOCK STEP, FULL TURN, WALK, WALK

- &1      Cross left behind right, slide to side.  
2&3&4      Cross left behind right, ¼ turn left, step right to side, step left in FW, lock right behind left, step left FW.  
&5&6&      Step right FW, ½ turn left and step left, step right FW, lock left behind, step right FW.  
7&8&      ½ turn right and step back on left, ½ turn right and step right FW, walk FW on left, walk FW on right.

## ROCKING CHAIR, STEP ½ TURN STEP, TOUCH, SIDE ROCK, CROSS, SIDE, SAILOR STEP ¼ TURN

- 1&2&      Rock FW on left, recover back on right, rock back on left, recover FW on right.  
3&4&      Step left FW, ½ turn right, step on right, step left FW, cross right behind left.  
5&6&      Rock to side on left, recover on right, cross left over right, step left to side.  
7&8      Cross left behind right, ¼ turn left and step right to side, step left FW.

## STEP, TOUCH AND SWEEP ¼ TURN SAILOR STEP, ROCK FW, ½ TURN, ROCK FW, ½ TURN ROCK FW, STEP BACK, TOGETHER

- &1-2&      Step right FW, cross left behind right and sweep right foot out and behind left with ¼ turn right, cross right behind left, step left to side.  
3&4&      Rock FW on right, recover on left, step right back, ½ turn left, step left.  
5&6&      Rock FW on right, recover on left, step right back, ½ turn left, step left.  
7&8&      Rock FW on right, recover on left, step right back, step left together.

REPEAT and Have Fun!

TAG: On wall 3 – On section 2, do the first 14 counts and after full turn shuffle left instead of the walks.  
Restart for wall 4.

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