

Foolish Change

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Jackie Lincoln (USA) - July 2011
音乐: Change - Carrie Underwood : (Begin On The 32nd Count - Intended Music)



Alt. Music: Doesn't Mean Anything by Alicia Keys - Begin On The 32nd Count (slower music)

This dance is choreographed for the improver that wants to learn more challenging steps. It is used to practice Rondes and Holds. The feel of the dance is left, right, left, hold; right, left, right, hold.

WEAVE & RONDE, REPEAT

1-2 Cross L foot over right, step R foot to right
3-4 Cross L foot behind right, sweep R toe around and behind left foot
5-6 Step R foot behind left, step L foot to left
7-8 Cross R foot over left, sweep L toe around and over right foot

STEP LOCK FORWARD, RONDE, STEP LOCK FORWARD, TAP

1-2 Step L foot forward, step R foot behind left,
3-4 Step L foot forward, sweep R toe around and over left foot
5-6 Step R foot forward, step L foot behind right
7-8 Step R foot forward, tap L toe behind right foot

STEP LOCK BACK & RONDE, STEP LOCK BACK & RONDE ¼ TURN LEFT

1-2 Step L foot back, step R foot over left,
3-4 Step L foot back, sweep R toe around and behind left foot
5-6 Step R foot back, step L foot over
7-8 Step R foot back while making a ¼ turn left, sweep L toe around and over right foot
 completing the ¼ turn (9:00)

BEHIND SIDE CROSS, SWAYS

1-2 Step L foot behind right, step R foot to right
3-4 Cross L foot over right, hold
5-6 Step R foot to right side leaning slightly to right, take weight on L foot leaning slightly to left
7-8 Take weight on R foot leaning slightly to right, hold while slightly lifting the left foot

BEGIN AGAIN

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