

Men Don't Change

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Beginner - 2S
编舞者: Rachael McEnaney (USA) - September 2013
音乐: Men Don't Change - Amy Dalley : (Album: It's Time - iTunes)



Count In: 16 counts from start of track, dance begins on vocals. Approx 100bpm.

[1 – 8] Walk R, walk L, R fwd coaster step, back L, back R, L coaster step

- 1 2 3 & 4 Step forward right (1), step forward left (2), step forward right (3), step left next to right (&), step back right (4) 12.00
- 5 6 7 & 8 Step back left (5), step back right (6), step back left (7), step right next to left (&), step forward left (8) 12.00

[9 - 16] R side rock cross, L side rock cross, R chasse, L sailor with ¼ turn L

- 1 & 2 Rock right to right side (1), recover weight left (&), cross right over left (2) 12.00
- 3 & 4 Rock left to left side (3), recover weight right (&), cross left over right (4) 12.00
- 5 & 6 Step right to right side (5), step left next to right (&), step right to right side (6) 12.00
- 7 & 8 Cross left behind right (7), make ¼ turn left stepping right next to left (&), step forward left (8) 9.00

[17 - 24] R heel strut, L heel strut, R rocking chair, R heel strut, L heel strut, step R, ¼ pivot L, close R

- 1 & 2 & Touch right heel forward (1), drop right toe to floor (weight right)(&), touch left heel forward (2), drop left toe to floor (weight left)(&) 9.00
- 3 & 4 & Rock forward right (3), recover weight left (&), rock back right (4), recover weight left (&) 9.00
- 5 & 6 & Touch right heel forward (5), drop right toe to floor (weight right)(&), touch left heel forward (6), drop left toe to floor (weight left)(&) 9.00
- 7 & 8 Step forward right (7), pivot ¼ turn left (&), step right next to left (8) 6.00

[25 - 32] Side L, touch R, side R, touch L, L chasse, R jazz box with ¼ turn R

- 1 & 2 & Step left to left side (1), touch right next to left (&), step right to right side (2), touch left next to right (&) 6.00
- 3 & 4 Step left to left side (3), step right next to left (&), step left to left side (4) 6.00
- 5 6 7 8 Cross right over left (5), make 1/8 turn right stepping back left (6), make 1/8 turn right stepping right to right side (7), step slightly forward left (8) 9.00

[33 - 40] R fwd rock, R side rock, R behind-side-cross, point L out-in-out, L behind, ¼ turn R, fwd L

- 1 & 2 & Rock forward right (1), recover weight left (&), rock right to right side (2), recover weight left (&) 9.00
- 3 & 4 Cross right behind left (3), step left to left side (&), cross right over left (4) 9.00
- 5 & 6 Point left to left side (5), touch left next to right (&), point left to left side (6) 9.00
- 7 & 8 Cross left behind right (7), make ¼ turn right stepping forward right (&), step forward left (8) 12.00

[41 - 48] R fwd rock, R side rock, R behind-side-cross, ¼ turn L fwd L, ¼ turn L fwd R, ¼ turn L shuffle fwd.

- 1 & 2 & Rock forward right (1), recover weight left (&), rock right to right side (2), recover weight left (&) 12.00
- 3 & 4 Cross right behind left (3), step left to left side (&), cross right over left (4) 12.00
- 5 6 Make ¼ turn left stepping forward left (5), make ¼ turn left stepping forward right (6)
- NOTE: counts 5 6 7&8 – think of this as a ¾ turn walking round in a circle L-R-Lshuffle (take your time) 6.00**
- 7 & 8 Make ¼ turn left stepping forward left (7), step right next to left (&), step forward left (8) 3.00

END: Dance will end facing the front on the jazz box

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is

in its original format.

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