

Changing With The Times

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Alison Carrington (UK) - July 2015
音樂: All She Wants - MIKA : (Album: No Place In Heaven)



Intro: 8 counts (count slow counts ie. 1&2&) with an 8 count Tag at the end of walls 1 & 4

[1 – 8] Step, touch, step, touch, side, close, side, touch, repeat with ¼ turn L

1&2& Step R to R, touch L beside R, step L to L, touch R beside
3&4& Step R to R, bring L to R, step R to R, touch L beside R
5&6& Step L to L, touch R beside L, step R to R, touch L beside R
7&8 Step L to L, bring R to L, step L to L making a ¼ turn L & hold (weight on L)

[9 – 16] Cross & back x 2, cross & back & ¼ turn L

9&10& Cross rock R over L, back on L, rock back on R, fwd on L
11&12 Cross rock R over L, back on L, rock back on R (weight on R)
13&14& Cross rock L over R, back on R, rock back on L, fwd on R
15&16 Cross rock L over R, back on R, step on L making ¼ turn L (weight on L)

[17-24] Toe, struts, rocking chair, toe, struts, step, ¼ left & cross

17&18& R toe strut fwd & heel down, left toe strut fwd & heel down
19&20& Rock forward R & back on L, rock back on R, fwd on L
21&22& R toe strut fwd & heel down, L toe strut fwd & heel down
23&24 Step R fwd & ¼ turn L & cross R over L

[25-32] Side, rock back, side, rock back, side chasse, sailor ¼ R

25&26& Step L to L, rock R behind L, fwd on L
27&28& Step R to R, rock L behind R, fwd on R
29&30 Step L to L, bring R beside L, step L to L
31&32& Make a ¼ turn R bringing R behind L, step L to L, step R to R, *step onto L

TAG: There is an 8 count Tag at the end of walls 1 and 4. *When doing the Tags instead of stepping on the L on the '&' count at the end of the dance, just touch L beside R (weight on R).

1&2 Step L to L, bring R beside L, step fwd L, hold
3&4 Step R to R, bring L beside R, step back on R, hold
5&6& Step back on L, step back on R, step fwd on L, hitch R knee
7&8& Bump hips R,L,R,L (weight on L)

Last Update – 1st August 2015