

Change My Ways

拍數: 48 牆數: 4 級數: Advanced
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音樂: Change My Ways - Mike Zito



Intro : 48 Counts

S1: Side, Behind, Side, Vaudeville, Cross, Side, Syncopated Weave

1-2& Rf step right, Lf cross behind, Rf step right (&)
3&4& Lf cross in front of Rf, Rf step back diagonally right (&), Lf touch heel diagonally forward left, Lf step next to Rf (&)
5-6 Rf cross in front of Lf, Lf step left
7&8 Rf cross behind Lf, Lf step left (&), Rf cross in front of Lf

S2: Walks in 1/2 Circle L (L,R), 1/2 Turn L With Sweep, Behind, Side, Cross Shuffle With Hold, Ball, Cross, 1/4 Turn L, Back, Side

1-2 Make 1/4 turn left stepping Lf forward (9.00), make 1/4 turn left stepping Rf forward (6.00)
& make 1/2 turn left on Rf sweeping Lf from front to back (&) (12.00)
3& Lf cross behind Rf, Rf step right (&)
4&5 Lf cross in front of Rf, Rf step right (&), Lf cross in front of Rf
6& hold, Rf step right (&)
7&8 Lf cross in front of Rf, make 1/4 turn left (9.00) stepping Rf back (&), Lf step left

S3: Cross, Side, Sailor Step Into Lock Step Diagonal, Forward, Full Turn L Into Lock Step

1-2 Rf cross in front of Lf, Lf step left
3&4&5 Rf cross behind Lf, Lf step left (&), Rf step forward to right diagonal (10.30), Lf lock behind Rf (&), Rf step forward to right diagonal
6-7 Lf step forward (10.30), make 1/2 turn left stepping Rf back (4.30)
8&1 make 1/2 turn left stepping Lf forward (10.30), Rf lock behind Lf (&), Lf step forward on diagonal (10.30)

S4: Rock/Recover, 1/8 Turn R, Chasse R, 1/8 Turn R, Rock/Recover With Sweep, Step Back With Sweep

2-3 Rf rock forward, recover onto Lf making 1/8 turn right (12.00)
4&5 Rf step right, Lf step together (&), Rf step right
6-7 make 1/8 turn right rocking forward on Lf (1.30), recover onto Rf sweeping Lf from front to back
8 Lf step back sweeping Rf from front to back

S5: Weave With 1/4 Turn L, Step Forward, 1/2 Turn R, Shuffle With 1/2 Turn R, Back, 1/2 Turn L, Forward (L, R)

1&2 make 1/8 turn left crossing Rf behind Lf (12.00), Lf step left (&), make 1/8 turn left stepping Rf forward (10.30)
3-4 Lf step forward, make 1/2 turn right stepping Rf forward (4.30)
5&6 make 1/4 turn right stepping Lf left (7.30), Rf step next to Lf (&), make 1/4 turn right stepping Lf back (10.30)
7&8 Rf step back, make 1/2 turn left stepping forward Lf (4.30) (&), Rf step forward

S6: Rock/Recover, Shuffle 1/2 Turn L, Syncopated Locksteps With 1/8 Turn L, Scuff

1-2 Lf rock forward, recover onto Rf
3&4 make 1/4 turn left stepping Lf left (1.30), Rf step next to Lf (&), make 1/4 turn left stepping Lf forward (10.30)
5&6& Rf step forward, Lf lock behind Rf (&), Rf step forward, make 1/8 turn left (9.00) stepping Lf diagonally forward left left (&)

