

Change My Ways

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Improver
編舞者: Judy Rodgers (USA) - March 2017
音樂: Change My Ways - Mike Zito



Intro: 48 counts - (NO Tags Or Restarts)

S1: Step, drag, ball cross, side, rock back, recover, turn 1/4 L shuffle back

1-2 Big step right, drag L toward R
&3-4 Step L together, cross R over L, step L to left side
5-6 Rock R back behind L, recover L
7&8 Turn 1/4 left shuffle back R L R□- 9:00

S2: Turn ¼ L step, touch, kick ball step, step, drag/touch, turn 1/4 L step, drag/touch

1-2 Turn ¼ left step L to left side, touch R beside L□- 6:00
3&4 Kick R, step on ball of R, step L fwd
5-6 Step R big step right, drag/touch L beside R
7-8 Turn 1/4 left step L big step left, drag/touch R beside L -□3:00

S3: Sway, sway, shuffle, behind, turn 1/4 R, step/touch, hold

1-2 Sway R, sway L
3&4 Shuffle R L R to right side
5-6 Cross L behind R, turn 1/4 right step R fwd - 6:00
&7-8 Step L fwd, touch R beside L, hold

S4: Rock, recover, out out, hold, coaster step, turn 1/2 L, turn 1/2 L

1-2 Rock R fwd, recover L
&3-4 Step R out to right side, step L out to left side, hold (weight on R)
5&6 Step L back, step R beside L, step L fwd
7-8 Turn 1/2 left step R back, turn 1/2 left step L fwd
(7-8 option: walk R, L)

S5: Cross side rock, cross, turn 1/4 L step back, sailor turn 1/2 L, rock, recover

1&2 Cross R over L, rock L to left side, recover R
3-4 Cross L over R, turn 1/4 left step R back□3:00
5&6 Turning 1/2 left, step L behind R, step R to side, step L fwd - 9:00
7-8 Rock R fwd, recover L

S6: Walk back (2), & cross back, & cross back, & knee pops L & R

1-2 Walk R back, walk L back
&3-4 Step R back, cross L over R, step R back
&5-6 Step L back, cross R back, step L back
&7-8 Step R beside L, pop L knee in, pop R knee in

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