

# Change My Ways

**COPPER** KNOB  
STEPSHEETS

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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