

A Complete Change!

拍數: 32 牆數: 4 級數: Beginner
編舞者: Niels Poulsen (DK) - May 2017
音樂: Completely - Caro Emerald : (amazon, iTunes, etc)



Intro: From the main beat there is a 32 count intro (15 secs. into music). Start with weight on L foot
NOTE: NO TAGS – NO RESTARTS!!!

[1 – 8] □ Cross point, cross point, R jazz box ¼ R, cross □

1 – 2 Cross R over L (1), point L to L side (2) □ 12:00
3 – 4 Cross L over R (3), point R to R side (4) □ 12:00
5 – 7 Cross R over L (5), turn 1/8 R stepping back on L (6), turn 1/8 R stepping R to R side (7) □ 3:00
8 Cross L over R (8) □ 3:00

[9 – 16] □ R chasse, L back rock, L chasse ¼ R, R back rock □

1&2 Step R to R side (1), step L next to R (&), step R to R side (2) □ 3:00
3 – 4 Rock back on L (3), recover fwd on R (4) □ 3:00
5&6 Step L to L side (5), step R next to L (&), turn ¼ R stepping back on L (6) □ 6:00
7 – 8 Rock back on R (7), recover fwd on L (8) □ 6:00

[17 – 24] □ R & L toe struts, R kick ball change, R rock step fwd □

1 – 2 Point R toe fwd (1), step down on R (2) □ 6:00
3 – 4 Point L toe fwd (3), step down on L (4) □ 6:00
5&6 Kick R fwd (5), step R next to L (&), step L a small step fwd (6) □ 6:00
7 – 8 Rock fwd on R (7), recover back on L (8) □ 6:00

[25 – 32] □ R back slide, L back rock, L shuffle fwd, step ¼ L □

1 – 2 Step R a big step back (1), slide L next to R (2) □ 6:00
3 – 4 Rock back on L (3), recover fwd onto R (4) □ 6:00
5&6 Step fwd on L (5), step R behind L (&), step L fwd (6) □ 6:00
7 – 8 Step fwd on R (7), turn ¼ L stepping onto L (8) □ 3:00

START AGAIN and... ENJOY! □

Ending □ Wall 9 (starts at 12:00) is your last wall. Do up to count 12, then do this: turn ¼ L shuffling L fwd on counts 13&14.

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