

Change Your Life

COPPER **KNOB**
BY STEPHENETS

拍數: 32 牆數: 4
編舞者: Maryloo (FR) - January 2018
音樂: Change Your Life - Little Mix

級數: Intermediate NC



Intro : 8 + 16 counts

Alt. music : Little Me » (unplugged) by Little Mix (No Restart !- intro 16 counts

R NIGHTCLUB BASIC, L NIGHTCLUB BASIC, R FWD, L FWD, 1/2 PIVOT R, L FWD, ½ TURN L, ¼ TURN L.

1-2& Step R to side, rock L behind R., recover on R.
3-4& Step L to side, rock R behind L, recover on L
5-6& Step R forward, step L forward, pivot ½ turn right (weight on R) (6.00)
7-8& Step L forward, ½ turn to left stepping R back (12.00), ¼ turn to left, stepping L to side (9.00)

CROSS ROCK STEP R, CROSS ROCK STEP L, STEP PIVOT ½ TURN L, FULL TURN L, R FWD, L FWD

1-2& Cross R over L, recover on L, step R to side
3-4& Cross L over R, recover on R, step L to side
5-6 Step R forward, pivot ½ turn left (weight on L) (3.00)
7&&8 ½ turn left stepping R back (9.00), ½ turn left stepping L forward(3.00), step R forward, step L forward

***Restarts here on the 2nd, 5th and 8th wall**

¼ TURN L STEPPING R TO SIDE, BACK ROCK ½ R, BACK ROCK 1/4 L, L SAILOR, R SAILOR

1 ¼ turn to L and step R to side (12.00)
2&3 Rock L back, recover on R, turn ½ turn right stepping L back (6.00)
4&5 Rock R back, recover on L, turn 1/4 turn left stepping R to side (3.00)
6&7 Step L behind R, step R to side, step L to side (moving back slightly)
&&8 Step R behind L, step L to side, step R to side (moving back slightly)

L BEHIND, ¼ TURN R STEPPING R FWD, STEP PIVOT ½ TURN R, L FWD, FULL TURN L, ¼ TURN L STEPPING R TO SIDE, SWAYS (L.R.L.)

1-2 Step L behind R, ¼ turn right stepping R forward (6.00)
3&4 Step L forward, pivot ½ turn right (weight on R) (12.00), step L. forward
5&6 ½ turn left stepping R back (6.00), ½ turn left stepping L forward (12.00), ¼ L stepping R to R side (9.00)
7- 8& Step L to side swaying to left, sway to right, sway to left
1 Take the beginning of the dance : Step R to side.....

***RESTART : ((Music : « Change Your Life » only !)**

On the 2nd wall , after 16 counts (12.00)

On the 5th wall , after 16 counts (9.00)

On the 8th wall, after 16 counts (6.00)

ENDING :

Cross R over L, unwind 1/4 turn left, to finish at 12.00 o' clock !

Contact Choreographer : Maryloo : malouwin@hotmail.fr - WEBSITE : www.line-for-fun.com

Last Update - 17th Jan. 2018