

Change Your Mind

COPPER KNOB
BY SHEETS

拍數: 96 牆數: 2 級數: Phrased Advanced
編舞者: Debbie Rushton (UK) & Joey Warren (USA) - October 2018
音樂: Change Your Mind (No Seas Cortes) - Britney Spears



Tango style on part A...Cha Cha on part B.
Count in is 16 counts start A on lyrics

A – 64 counts

A1: Cross, Rock-&-Cross, Brush-Cross, Side Point-Touch Together, Hold, And Together

1-2&3 Cross R over L, Rock L out to L, Recover on R, Cross L over R
4 – 5 Brush R fwd and hitch knee up as you start to cross R over L, Cross R over L
6& - 7 Touch L out to L, Touch L beside R, Hold count & (weight still on R)
&-8-1 Small step out to L on the L, Step R beside L, Cross L over R (all @ 12 o'clock)

A2: ¼ Turn Step Lock Step, Step Half Turn, Step Lock Step, ½ Turn Sweep

2-&-3 ¼ Turn R stepping R fwd, Lock L behind R, Step R fwd
4 – 5 Step L fwd, ½ Turn Pivot to the R taking weight on to R (@ 9 o'clock)
6&78 Step L fwd, Lock R behind L, Step L fwd, ½ Turn L stepping back R/sweeping L front to back

A3: Make a 3/8 Turn L as if you were going around a table with the steps below

1 – 2 Step L behind R, R out to R side (make about 1/8 Turn L here)
3-&-4 Make another 1/8 Turn L Cross L over R, Step R out to R, Cross L over R
5-&-6 Step R out to R, Step L behind R, Step R out to R
7-&-8 Make another 1/8 Turn L Cross L over R, Step R out to R, Cross L over R

**** Turns aren't exactly at a certain point just end the circle pattern facing @ 10:30**

A4: Rock-Coaster Step Half Turn, Step-Mambo Step, Step with a Brush

1-2&3 Rock fwd R, Step back on L, Step R back beside L, Step L fwd (@ 10:30)
4 – 5 ½ Turn L stepping back on R, Step back on L (@ 4:30)
6&7-8 Rock back on R, Recover to L, Step R fwd, Step L fwd as you brush R fwd all on 8 (@ 4:30)

A5: Slow Walk x 2, Touch-Flick-Touch-Point, Hold, And Point

1234 Hold for count 1, Step R forward, Hold for count 2, Step L fwd (square up to 3 o'clock on walk)
5&6& Touch R toe fwd, Flick R heel up beside R hip, Step down on R, Point L out to L
7-&8 Hold count 7, Step L next to R, Point R out to R

A6: Step-Flick Hook, Step-Flick Hook, Coaster Step, ½ Turn, Side Step ¼ Turn

1-&-2 Step back on R, Flick L heel up near L hip, Hook behind R as you step down on that L
3-&-4 Step back on L, Flick R heel up near R hip, Hook behind L as you step down on that R
5-&-6 Step back on R, Step L back beside R, Step R fwd (prep to turn over L shoulder)
7 – 8 ½ Turn L stepping slightly fwd/down on L, ¼ Turn L stepping R out to R (@ 6 o'clock)

***** As you do that ¼ Step out to R...pick L foot up and begin to sweep back behind R**

A7: Behind-Side-Cross w/ Sweep, Cross-Side-Behind-Side

1234 Cross L behind R, Step R out to R, Cross L over R, Sweep R from back to front
5678 Cross R over L, Step L out to L, Step R back behind L, 1/8 Turn L stepping L fwd - Facing @ 4:30

A8: Rock Recover, Coaster Step, Rock-&-Cross, Turn Turn

1 – 2 Rock R fwd to 4:30 diagonal, Recover back on L
3-&-4 Step R back, Step L back beside R, Step R fwd (still @ 4:30)

5-&-6 Rock L out to L squaring up to 6 o'clock, Recover R, Cross L over R (@ 6 o'clock)
7 - 8 ¼ Turn L stepping back on R, ½ Turn L stepping fwd on L (@ 9 o'clock)

***** This is the 8 counts you will do after 32 counts of A on the 3rd time doing A....you will dance first 32 and then drop the three 8 counts before this and do this section on the lyrics "you don't have to cross the line but..." (You Should Restart into B after this at 12 o'clock)**

B – 32 counts

B1: ¼ Turn Big Step Drag, Ball Cross, Triple Step on Diagonal, Step 3/8 Turn R

1-2&3 ¼ Turn L taking big step out to R dragging L to R over 1-2, Ball step L to R, Cross R over L
(The ¼ turn to start will make B start to 6 o'clock)
4-&-5 Triple step L, R, L forward to L diagonal (@ 4:30)
6 - 7 Step R fwd/slightly across L, 3/8 Turn to R stepping back on L (@ 9 o'clock)

B2: ¼ Rock & Hitch Hold, Rock-Recover Step, Rocking Chair ¼ Samba Step

8&1-2 ¼ Turn R rocking R out R, Recover on L, Hitch R Knee up and around over 1-2 (@ 12 o'clock)
8-3-4 Rock R out to R as you did to start this 8, Recover L, Step R fwd 1/8 Turn (now @ 10:30)
5&6& Rock fwd on L, Recover back R, Rock back on L, Recover fwd R
7-&-8 Step L fwd to diagonal, ¼ Turn L as you step back on ball of R, Step L fwd (@ 7:30)

B3: Step Sweep, Ball Cross, Triple Step, And ¼ Point, ¼ Turn and Turn

12&3 Step R fwd as you sweep L out and in front of R over 1-2, Cross L over R, Step R back
4-&-5 Triple Step back L, R, L (all of this is done facing 7:30)
& - 6 ¼ Turn R stepping R out to R, Point L toe out to L (body should be facing 10:30)
7 - 8 ¼ Turn L stepping down/fwd on L, 3/8 Turn L stepping back on R (facing 3 o'clock)

B4: ¼ Turn Side Together &, Side Together &, Touch & Touch, Point & Point

1-2-& ¼ Turn L stepping L out to L, Step R beside L, Step L in place (@ 12 o'clock)
3-4-& Step R out to R, Step L beside R, Step R beside L
5&6& Touch L toe fwd, Step back on L, Touch R toe fwd, Step back on R
7-&-8 Touch L out to L, Step L next to R, Touch R out to R

Ready to cross R over L to start A...OR...Do a R hitch after 8 on count & to big step R to start B

SEQUENCE

AB, ABB, Short A, BB

A(front), B(back), A (front), B(back), B (front), Short A (back), B (front), B (back)

HAPPY DANCING.....OH, And it's not that hard

Contacts: debmcwotzit@gmail.com - tennesseefan85@yahoo.com
