

# Changing!

拍數: 58      牆數: 2      級數: Intermediate +  
編舞者: Stephen Paterson (AUS) - November 2018  
音樂: Changing - Conrad Sewell : (Single - iTunes)



Tags and Restarts, 106 BPM, Start dance after 16 counts on the word 'Broke'

## [1-8] Side, Rock Back, Recover, Side, Behind, Quarter Forward, Full Turn, Lunge Rock Across

- 1 2 3 4      Step right out to side, rock step left behind right, recover forward onto right in place, step left out to side  
5 6      Step right behind left, turn 1/4 left then step left forward - 9.00  
& 7      Turn 1/2 left then step right back (&), turn 1/2 left then step left forward  
8      Lunge Rock Right across left - 9.00

## [9-16] Recover, Sweep Five Eighths Hook, Cross, Hold, Side, Behind, Side, Across, Side, Rock Back, Recover

- 1      Recover weight back onto left in place, starting your 5/8 right turn, sweeping right out and around  
2      Finish your 5/8 right turn by hooking right up to left shin - 4.30  
3 4      Step right across left, hold  
& 5 &      Step left out to side (&), step right behind left, step left out to side (&),  
6 &      Step right across left, step left out to side (&) - 4.30  
7 8      Rock step right back with left toes pointed forward, recover forward onto left in place - 4.30

## [17-24] Forward, Lock, Forward, Press Rock Forward, Recover, Back, Lock, Back, Rock Back, Recover

- 1 2 &      Step right forward, lock left in behind right, step right forward (&)  
3 4      Press rock ball of left forward, recover weight back onto right in place  
5 & 6      Step left back, lock right back across left (&), step left back  
7 8      Rock right back (opening shoulders to 7.30), recover weight forward onto left in place - 4.30

## [25-32] Half Back, Sweep Eighth, Behind, Side, Cross, Sway Side, Recover, Behind, Quarter Forward

- 1 2      Turn 1/2 left then step right back, sweep left out to side turning 1/8 left - 9.00  
3 & 4      Step left behind, step right out to side (&), step left across right  
5 6      Sway step right out to side, sway recover weight onto left in place  
7 8      \*\* Step right behind left, turn 1/4 left then step left forward \*\* - 6.00

## [33-40] Right Scissor, Cross, Quarter, Half, Step, Pivot Quarter, Cross Shuffle (This 8 counts is your long tag)

- 1 2 3 4      Step right out to side, step left beside right, step right across left, turn 1/4 right then step left back  
& 5 6      Turn 1/2 right then step right forward (&), step left forward, pivot 1/4 right taking weight onto right in place  
7 & 8      \* Step left across right, step right slightly to side (&), step left across right \* - 6.00

## [41-48] Rock Right Side, Recover, Behind, Quarter Forward, Step, Three Quarter Pivot, Side, Behind, Side, Cross

- 1 2      Rock step right out to side, recover weight onto left in place,  
3 4      Step right behind left, turn 1/4 left then step left forward  
& 5 6      Step right forward (&), pivot 1/2 left taking weight onto left in place, turn 1/4 left then step right out to side  
7 & 8      Step left behind right, step right out to side (&), step left across right - 6.00

## [49-58] Quick Scissor Cross, Quick Scissor Cross, Back, Half, Step, Pivot Half, Walk, Walk

- 1 & 2      Step right out to side, step left beside right (&), step right across left

3 & 4 Step left out to side, step right beside left (&), step left across right  
5 6 Step right back, turn 1/2 left then step left forward  
7 8 Step right forward, pivot 1/2 left taking weight onto left in place  
9 10 Step right forward slightly across left, step left forward slightly across right - 6.00

**SEQUENCE:**

**After wall 1 add your long tag (counts 33-40) facing back wall**

**Wall 2 dance up to count 40 then restart \* facing front wall**

**After wall 3 add your long tag (counts 33-40) facing back wall**

**Wall 4 dance up to count 32 then restart\*\* facing front wall**

**Wall 5 dance up to count 40 then restart\* facing back wall**

**Wall 6 dance up to count 32\*\*, then dance counts 49-58 then add a 4 count right jazz box cross small tag**

**ENDING: On wall 7 (starts front wall) dance to count 46, turn 1/2 left step left out to side, drag right to left.**

**This is an original dance sheet, feel free to copy without change for distribution sheet, feel free to copy without change for distribution.**

---