

# I Got to Change My Ways

拍數: 48      牆數: 4      級數: Beginner  
編舞者: Carol Thorpe (USA) - February 2019  
音樂: Change My Ways - Mike Zito



## #48 count intro

### [1-8] Lindy R, Lindy L

1&2      Step R to R side, step L next to R, step R to R side  
3,4      Rock back on L, recover weight on R  
5&6      Step L to L side, step R next to L, step L to L side  
7,8      Rock back on R, recover weight on L

### [9-16] Pivot ½, shuffle forward, pivot ½, shuffle forward

1,2      Step forward on R, pivot ½ L  
3&4      Step forward on R, step L together, step forward on R  
5,6      Step forward on L, pivot ½ R  
7&8      Step forward on L, step R together, step forward on L

### [17-24] Grapevine R with cross, ¼ pivot to L, cross shuffle

1,2,3,4      Step R to R side, cross L behind R, step R to R side, cross L over R  
5,6      Step R forward to pivot ¼ L, recover weight on L  
7&8      Cross R over L, step L to L side, cross R over L

### [25-32] Side rock, behind side cross, side rock, behind side cross

1,2      Step L to L side, recover weight on R  
3&4      Step L behind R, step R to R, cross L over R  
5,6      Step R to R side, recover weight on L  
7&8      Step R behind L, step L to L, cross R over L

### [33-40] Modified box (box with shuffles)

1,2      Step L to L, step R next to LF  
3&4      Step forward on L, step R beside L, step forward on L  
5,6      Step R to R, step L next to RF  
7&8      Step back on R, step L beside R, step back on R

### [41-48] Back rock recover, kick step touch, rocking chair

1,2      Rock back L, recover weight on R  
3&4      Kick LF forward, step L next to R, touch ball of RF next to L  
5,6,7,8      Rock forward on R, recover weight on L, rock back on R, recover weight on L

Begin dance again