

I Got to Change My Ways

COPPER KNOB
STEPPERS

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
