

Change My Ways Beginner

COPPER KNOB
BY SHEETS

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



S1: CROSS ROCKS, SIDE SHUFFLES, ¼ LEFT TURN

1-2, 3&4 Cross rock right over left, recover left, right side, left together, right side
5-6, 7&8 Cross rock left over right, recover right, left side, right together, ¼ left

S2: MODIFIED OPEN RUMBA

1-2, 3&4 Right side, left together, right forward, left together, right forward
5-6, 7&8 Left side, right together, left forward, right together, left forward

S3: ROCK RECOVER, ½ TURN RIGHT SHUFFLE, JAZZ WITH A TOUCH

1-2, 3&4 Forward right rock, recover left, ½ right shuffle (RLR)
5-8 Cross left over right, back on right, left to side, touch right next to left

S4: SIDE ROCKS, CROSSING SHUFFLES

1-2, 3&4 Rock right to side, recover left, cross right over left, left to side, right over left
5-6, 7&8 Rock left to side, recover right, cross left over right, right to side, left over right

S5: TWO 1/4 TURNS (HINGE) LEFT, SHUFFLE FORWARD, ROCK RECOVER, COASTER

1-2, 3&4 ¼ right back, ¼ left to side, right forward, left together, right forward
5-6, 7&8 Forward left rock, recover right, left back, right together, left forward

S6: SIDE TOUCHES, SHUFFLES FORWARD

1-4 Right side, touch left next to right, left side, touch right next to left
5&6,7&8 Right forward, left together, right forward, left forward, right together, left forward

Last Update - 3 March 2019
