

Change My Ways

拍數: 32 牆數: 4 級數: Beginner
編舞者: Stephen & Lesley McKenna (SCO) - June 2019
音樂: Change My Ways by Koe Wetzel and the Konviets on Out On Parole



Intro:- 64 counts on vocals

Section 1: R side rock, rec, cross shuffle, L side rock, rec, weave front-side

1-2 Rock R to R side, recover L
3&4 Cross R over L, step L to L side, cross R over L
5-6 Rock L to L side, recover R
7-8 Cross L over R, step R to R side

Section 2: L behind, 1/4 R, rock forward, recover, 1/2 L, scuff, 1/4 L, scuff

1-2 Step L behind R, make 1/4 R stepping R
3-4 Rock forward L, recover R
5-6 Make 1/2 L stepping forward L, scuff R heel forward
7-8 Make 1/4 L stepping R to R side, scuff L heel forward

Section 3: L side shuffle, rock back, rec, R side shuffle, rock back, rec

1&2 Step L to L side, step R next to L, step L to L side
3-4 Rock back R, recover L
5&6 Step R to R side, step L next to R, step R to R side
7-8 Rock back L, recover R *Bridge wall 7 see notes

Section 4: L toe strut, R toe strut, L jazz box 1/4 L

1-2-3-4 Touch L toe forward, drop L heel, touch R toe forward, drop R heel
5-6-7-8 Cross L over R, step back R, make 1/4 L stepping L to L side, touch R next to L

BRIDGE:- During wall 7 at the end of section 3, BUMP hips for 6 counts L-R-L-R-L-R and continue dance from section 4.

Enjoy!

**CONTACT US:- stephen-edward-mckenna@sky.com
FIND US ON FACEBOOK**