

Changes

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Andreas Müller (DE) - August 2020
音樂: Changes - Ilse DeLange : (amazon)



Sequenz: AB AB A ABCD Tag AB AB ABCD Tag ABC A CD A

Part A:

Side, Hold, &Close, Side Rock, Cross, Side, Sailor Turn ¼ R (3:00)

- 1 - 2 Step RF to right (1), Hold (2)
- &3 - 4 Step LF together RF (&), Step RF to right (3), Recover weight to LF (4)
- 5 - 6 Cross RF over LF (5), step LF to left (6)
- 7 & 8 Cross RF behind LF (7), Turn ¼ R and Step LF together (&), Step RF to right (8) (3:00)

Toe Strut, Step Pivot ¼ L, Cross, ½ Turn R, Cross (6:00)

- 1 - 2 Touch L toe forward (1), Step L down (2)
- 3 - 4 Step RF forward (3), Pivot ¼ left (4) (12:00)
- 5 - 6 Cross RF over LF (5) , make ¼ Turn right and Step LF back (6) (3:00)
- 7 - 8 Make ¼ Turn right and Step RF to right (7), Cross LF over RF (8) (6:00)

Ending: Replace Count 3 - 6

- 3 - 4 Step RF forward (3), ½ Pivot left (4) (6:00)
- 5 - 6 Step RF forward (5), ½ Pivot left (6) (12:00)

Part B:

Side, Slide, Rock Back, Side, Behind, Chasse (6:00)

- 1 - 2 Step RF to right (1), Drag LF towards RF (2)
- 3 - 4 Cross LF behind RF (3), Recover wight to RF (4)
- 5 - 6 Step LF to left (5), Cross RF behind LF (6)
- 7 & 8 Step LF to left (7), Step RF next to LF (&), Step LF to left (8)

Cross, Side Rock ¼ R, Step, Point, Cross, Point, Cross (9:00)

- 1 - 2 Cross RF over LF (1), Step LF to left (2)
- 3 - 4 ¼ Turn R and recover weight on RF (3), Step LF forward (4) (9:00)
- 5 - 6 Point RF to right side (5), Cross RF over LF (6)
- 7 - 8 Point LF to left side (7), Cross LF over RF (8)

Part C:

Chasse, Back Rock 2x (9:00)

- 1 & 2 Step RF to right (1), Step LF next to RF (&), Step RF to right (2)
- 3 - 4 Cross LF behind RF (3), Recover wight on RF (4)
- 5 & 6 Step LF to left (5), Step RF next to LF (&), Step LF to left (6)
- 7 - 8 Cross RF behind LF (3), Recover wight on LF (4)

Part D:

Step, Lock, Step, Scuff, Step, Lock, Step, Scuff (9:00)

- 1 - 2 Step RF forward (1), lock LF behind RF (2)
- 3 - 4 Step LF forward (3), Scuff RF forward (4)
- 5 - 6 Step LF forward (5), lock RF behind LF (6)
- 7 - 8 Step RF forward (7), Scuff LF forward (8)

Step, Hold, ¼ Swivel Turn L+R, Back Rock, ½ Turn L, Close (3:00)

- 1 - 2 Step RF forward (1), Hold (2)

- 3 - 4 ¼ Turn left pushing weight on to RF (3), ¼ Turn right pushing weight on to LF (4)
- 5 - 6 Step RF back (5), Recover weight on LF (6)
- 7 - 8 ½ Turn left and Step RF back (7), Step LF next to RF (8) (3:00)

Step, ½ Turn R, Shuffle ½ Turn R, Rock Step, Coaster Cross (9:00)

- 1 - 2 Step RF forward (1), ½ Turn right and Step LF back (2) (9:00)
- 3 & 4 ¼ Turn right and Step RF to right (3), Step LF next to RF (&), ¼ Turn right and Step RF forward (4) (3:00)
- 5 - 6 Step LF forward (5), Recover weight on RF (6)
- 7 & 8 Step LF back (7), Step RF next to LF (&), Cross LF over RF (8) (9:00)

TAG: Rocking chair

- 1 - 2 Step RF forward (1), Recover weight on LF (2)
 - 3 - 4 Step RF back (3), Recover weight on LF (4)
-