

Make a Change

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Lee Hamilton (SCO) - October 2020
音樂: Make Em Wanna Change - Adam Sanders : (iTunes)



Intro: 16 Counts

Section 1 [1-8] R Side, Together, R Back Shuffle, Rock 1/2 L, Recover, 1/2 Shuffle L

1 2 Step R to R Side (1), Close L beside R (2), 12:00
3&4 Step R Back (3), Close L beside R (&), Step R Back (4), 12:00
5 6 Make a 1/2 L by rocking L Fwd (5), Recover onto R (6), 6:00
7&8 Make a 1/4 L by stepping L to L Side (7), Close R beside L (&), Make a 1/4 L by stepping L Fwd (8), 12:00

Section 2 [9-16] 1/8 Figure 8

1 2 Make a 1/8 L by stepping R to R Side (1), Cross L behind R (2), 10:30
3 4 Make a 1/4 R by stepping R Fwd (3), Step L Fwd (4), 1:30
5 6 Make a 1/2 R by taking weight onto R (5), Make a 1/4 R by stepping L to L Side (6), 10:30
7 8 Cross R behind L (7), Make a 1/8 L by stepping L Fwd (8), 9:00

Section 3 [17-24] Weave L with Sweep, L Behind, R Side, L Cross Rock

1 2 Cross R over L (1), Step L to L Side (2), 9:00
3 4 Cross R behind L (3), Sweep L from front to back (4), 9:00
5 6 Cross L behind R (5), Step R to R Side (6), 9:00
7 8 Rock L over R (7), Recover onto R (8), 9:00

Section 4 [25-32] L Side Rock, L Cross Back Rock, 3/8 R, 1/2 R, L Shuffle Fwd

1 2 Rock L to L Side (1), Recover onto R (2), 9:00
3 4 Cross Rock L behind R (3), Recover onto R (4), 7:30
5 6 Make a 3/8 R by stepping L Back (5), Make a 1/2 R by stepping R Fwd (6), 6:00
7&8 Step L Fwd (7), Close R beside L (&), Step L Fwd (8), 6:00

Section 5 [33-40] 1/4 L with L Drag, Ball - R Weave with 1/4 L, Pivot 1/4 L

1 2 Make a 1/4 L by taking a big step to R (1), Drag L towards R (2), 3:00
&34 Close L beside R, taking the weight onto L (&), Cross R over L (3), Step L to L Side (4), 3:00
5 6 Cross R behind L (5), Make a 1/4 L by stepping L Fwd (6), 12:00
7 8 Step R Fwd (7), Make a 1/4 L by taking weight onto L (8), 9:00

Section 6 [41-48] R Cross Rock, R Side Chasse, L Cross Rock, 1/4 Shuffle L

1 2 Cross Rock R over L (1), Recover onto L (2), 9:00
3&4 Step R to R Side (3), Close L beside R (&), Step R to R Side (4), 9:00
5 6 Cross Rock L over R (5), Recover onto R (6), 3:00
7&8 Step L to L Side (7), Close R beside L (&), Make a 1/4 L by stepping L Fwd (8), 6:00

Restart Here on Wall 3

Section 7 [49-56] Walk Fwd RL, R Anchor Step, 1/4 L with R Toe Point, 3/4 R

1 2 Step R Fwd (1), Step L Fwd (2), 3:00
3&4 Step R behind L (3), Step L in place (&), Step R in place (4), 6:00
5 6 Make a 1/4 L by stepping L to L Side (5), Point R Toe to R Side (6), 3:00
7 8 Make a 1/4 R by stepping R Fwd (7), Make a 1/2 R by stepping L Back (8), 12:00

Section 8 [57-64] 1/4 L with L Drag, Ball - R Weave with 1/4 L, Pivot 1/2 L

1 2 Make a 1/4 L by taking a big step to R (1), Drag L towards R (2), 3:00

&34 Close L beside R, taking the weight onto L (&), Cross R over L (3), Step L to L Side (4), 3:00
5 6 Cross R behind L (5), Make a 1/4 L by stepping L Fwd (6), 12:00
7 8 Step R Fwd (7), Make a 1/2 L by taking weight onto L (8), 6:00

Restart after 48 Counts on Wall 3

Contact: leeh040595@icloud.com
