Changing Lanes

級數: Intermediate

編舞者: Ranny Kusumawardhani (INA) & Julee Hansel (INA) - July 2021

音樂: Changing Lanes (from The Publicist) - Marcell

拍數: 32

牆數:2



Intro music. 16 counts

Restart. 1 Restart at wall 4 after 16 count (with change movements)

SECTION I. BACK (2x) - ½ TURN - FORWARD - ½ TURN - FORWARD (2x) - HOLD

- 1 2& Step L backward (1) Step R backward (2) Turn ¹/₂ left Step L forward (&)
- 3 4& Step R forward (3) Turn 1/2 left Step L in place (4) Step R forward (&)
- 5 8 Step L forward (5) Hold (6-8) with hand styling

Hand styling:

- 5 6 Swing both arm upward from hip level to above the head
- 7 8 Swing both arm downward to hip level

RESTART at wall 4 with change movements on the counts of 5-8 as follow:

5 - 8 Step L forward while sweeping R from back to right side (5) Point R (6) Drag R next to L (7) Step R & put L on toe prepare to start from the beginning (8)

SECTION II. SCISSOR (2x) - FULL TURN - FORWARD - FORWARD - ½ TURN - FORWARD - FORWARD

- 1 2& Step R to side (1) Step L next to R (2) Cross R over L (&)
- 3 4& Step L to side (3) Step R next to L (4) Cross L over R (&)
- 5 6& Cross R over L & full turn (5) Step L forward (6) Step R forward (&)
- 7 8& Turn ¹/₂ left Step L in place (7) Step R forward (8) Step L forward (&)

SECTION III. CROSS ROCK - SYNCOPATED WEAVE - SWEEP - ¼ TURN - ½ TURN

- 1 2& Cross R over L (1) Recover on L (2) Step R to side (&)
- 3&4& Cross L over R (3) Step R to side (&) Cross L behind R (4) Step R to side (&)
- Cross L over R while sweeping R from back to front (5) Cross R over L (6) Turn ¼ to right & 5 - 6& step L back (&)
- 7 8& Step R back (7) Recover on L (8) Turn ¹/₂ to left & step R back (&)

SECTION IV. 1/4 TURN - BACKWARD - SWEEP (2X) - FULL TURN SWEEP

- 1 2& Step L back (1) Recover on R (2) Turn ¹/₄ to right & step L back (&)
- 3 4 Step R back while sweeping L from front to back (3) Step L back while sweeping R from front to back (4)
- 5 6& Step R back (5) Recover on L (6) Turn ¹/₂ to left & step R back (&)
- Turn ¹/₂ to left & step L forward while sweeping R from back to front (7) Step R next to L & put 7 - 8 L on toe (8)