

Courage to Change

拍數: 64 牆數: 4 級數: High Intermediate
編舞者: Kate Sala (UK) - July 2022
音樂: Courage to Change - Sia : (From The Original Motion Picture MuSic))



Intro: 16 count, starting on the word 'WORLD'.

S1: Step Forward, Step, Pivot 1/2 Turn Right, Step Forward, Step, Pivot 1/4 Turn Left, Step Forward, Full Turn Right Travelling Forward, Cross Back Back with 1/8 Turn Left.

1 Step forward on R.
2 & 3 Step forward on L. Pivot 1/2 turn right. Step forward on L. 6:00
4 & 5 Step forward on R. Pivot 1/4 turn left. Step forward on R. 3:00
6 7 Turn 1/2 right stepping back on L. Turn 1/2 right stepping forward on R.
8 & 1 Cross step L over R. Turn 1/8 left stepping back on R. Step back on L. 1:30

S2: Coaster Step With 1/8 Turn Left, Step Forward, Syncopated Rocking Chair, Cross Ball Change..

2 & 3 Turn 1/8 left stepping back on R. Step L next to R. Step forward on R. 12:00
4 Step forward on L.
5& 6& Rock forward on R. Recover on to L. Rock back on R. Recover on to L.
7 & 8 Cross step R over L. Rock out on ball of L to left side. Recover on to R.

S3: Cross 1/2 Turn Left, Cross Shuffle, Step Left, Sailor Step With Weave Right.

1 & 2 Cross step L over R. Turn 1/4 left stepping back on R. Turn 1/4 left stepping L to left side. 6:00
3 & 4 Cross step R over L. Step L to left side. Cross step R over L.
5 Step L out to left side.
6 & 7 Cross step R behind L. Step L to left side. Step R to right side.
& 8 & Cross step L behind R. Step R to right side. Cross step L over R.

S4: Basic NC Step Right, Sailor Step 1/2 Turn Right, Ball Turn 1/4 Right x 2, Cross Step.

1 2 & Long step on R to right side. Cross step L slightly behind R. Cross step R over L.
3 Step L to left side.
4 & 5 Cross step R behind L. Turn 1/2 right stepping L slightly left. Step slightly forward on R.
& 6 Step ball of L next to R. Turn 1/4 right stepping down on R.
& 7 8 Step ball of L next to R. Turn 1/4 right stepping down on R. Cross step L over R. 6:00
(Restart, Wall 5)

S5: Basic NC Step Right, Basic NC Step Left, Step Forward, Rock Step, Coaster Step.

1 2 & Long step on R to right side. Cross step L slightly behind R. Cross step R over L.
3 4 & Long step on L to left side. Cross step R slightly behind L. Step forward on L.
5 6 & Step forward on R. Rock forward on L. Recover back on to R.
7 & 8 Step back on L. Step R next to L. Step forward on L.

S6: Step Forward, Tap, Step Back, Out, Out, In ,In, Step back, Touch Back, Pivot 1/2 Turn Left, Sweep 1/2 Turn Left.

1 & 2 Step forward on R. Tap L behind R. Step back on L.
&3 & 4 Step R out to right side. Step L out to left side. Step R into centre and slightly back, Step L next to R.
5 6 Step back on R. Touch L toe back.
7 8 Pivot 1/2 turn L taking weight forward on to L. Turn 1/2 left sweeping R round and touching R next to L. 6:00

S7 - Repeat Section 5

S8: Step Forward, Tap, Step Back, Out, Out, In ,In, Step back, Touch Back, Pivot 1/2 Turn, Sweep 3/4 Turn. Repeat the first 7 counts of section 6 and for count 8, Turn 3/4 left sweeping R round close to L. 3:00

TAG: Add 8 count tag after wall 2 facing back wall.

Step Forward, Step, Pivot 1/2 Turn, Step Forward, Step, Pivot 1/2 Turn, Full Turn.

1 2 3 4 Step forward on R. Step forward on L. Pivot 1/2 Turn right. Step forward on L.

5 6 7 8 Step forward on R. Pivot 1/2 turn left. Turn 1/2 left stepping back on R. Turn 1/2 left stepping forward on L.

RESTART: During wall 5, after count 32 facing back wall (After piano section), Restart from beginning of the dance.

Finish the dance on count '& 31, 32' with a ball step in place, 12:00, step forward. Ta Dah!
