

Nothing Really Changes

拍數: 48 牆數: 4 級數: Improver
編舞者: Rex Allott (UK) - March 2023
音樂: Milk & Honey - Hollie Cook



S1. Step L fwd, pop knees, rpt R

1-3. Step L fwd, lift both heels up, down (pushing knees fwd, back)
4-6. Step R fwd, lift both heels up, down (pushing knees fwd, back)

S2. Step L fwd, hold, back, 1/4 cross turn L, 1/4 step turn L

1-3. Step L fwd, hold, step L back next to R
4-6. Turning 1/4 L, cross R over L, turning 1/4 L step R fwd, step R next to L

S3. S4. Rpt S1. & S2.

S5. Vine R, brush/sweep R over L

1&2-3. Step R to R, step L behind R, step R to R, step L slightly fwd
4-6. Brush R fwd & sweep over L

S6. Vine L, brush/sweep L over R

1&2-3. Step L to L, step R behind L, step L to L, step R slightly fwd
4-6. Brush L fwd & sweep over R

S7. Point R heel diagonally out R, hold, return, rpt L

1-3. Point R heel diagonally out R, hold, return
4-6. Point L heel diagonally out L, hold, return

S8. Step L to L, step R next to R x 2, step L back, turning 1/4 turn R, step R fwd, step L fwd, step R next to L

1&2&3. Step L to L, step R next to L, step L to L, step R next to L, step L back
4-6. Turning 1/4 R step R fwd, step L fwd, step R next to L

Tag - after 2nd S8. Finish facing 9 o'clock

S1. L twinkle turning 1/4 R, R twinkle turning 1/4 L

1-3. Turning 1/4 R step L over R, step R next to L, hold
4-6. Turning 1/4 L step R over L, step L next to R, hold

S2. L twinkle turning 1/4 R, R twinkle turning 1/2 L

1-3. Turning 1/4 R step L over R, step R next to L, hold
4-6. Turning 1/2 L step R over L, step L next to R, hold

S3. & S4. Rpt S2.

Restart after 1st S4.
