

Change

拍數: 32 牆數: 2 級數: Beginner
編舞者: Tracy Walters (CAN) - September 2024
音樂: A Change Would Do You Good - Sheryl Crow



32 count intro (start on vocals)

Grapevine Right and Left
Step right foot to the side
Step left foot behind right foot
Step right foot to the side
Tap left heel forward

Step left foot to the side
Step right foot behind left foot
Step left foot to the side
Tap right heel forward

Lock Steps Forward
Step right foot forward
Step left foot behind right foot
Step right foot forward
Brush left foot forward

Step left foot forward
Step right foot behind left foot
Step left foot forward
Brush right foot forward

Rocking Chair, Two ¼ Turns Left
Step (rock) right foot forward
Step left foot in place
Rock back on ball of right foot
Step left foot in place

Tap right foot forward
On balls of feet, pivot ¼ turn left (end with weight on left foot)
Tap right foot forward
On balls of feet, pivot ¼ turn left (end with weight on left foot)

Cross Tap x2, Jazz Box
Step right foot across left foot
Tap left toes to the side
Step left foot across right foot
Tap right toes to the side

Step right foot across left foot
Step left foot back
Step right foot to the side
Step left foot next to right foot

Begin Again!