

Life Changes

拍數: 32 牆數: 1 級數: Intermediate
編舞者: Myrtle Guice (USA)
音樂: Remember When - Alan Jackson



RIGHT SCISSOR, RIGHT ½ TURN, (2X)

- 1&2 Step right foot to right side, step left foot next to right foot, cross right foot over left foot
3&4 Make ¼ right turn by stepping back on left foot (facing 3:00), make another ¼ right turn by stepping right foot to right side (facing 6:00), cross left foot over right foot
5&6 Repeat 1&2(facing 9:00)
7&8 Repeat 3&4 (facing 12:00)

STEP, CROSS, STEP, CROSS ¼ RIGHT TURN, ¾ UNWIND RIGHT TURN, LEFT WEAVE, ROCK, RECOVER

- &1&2 Step right foot to right side, cross left foot over right foot, twice
&3-4 Make ¼ right turn by stepping forward on right foot, cross left foot over right foot making ¾ right turn with a ronde sweep shifting weight onto left foot
5&6 Step right foot behind left foot, step left foot to left side, cross right foot over left foot
7-8 Rock left foot to left side, recover weight onto right foot

LEFT AND RIGHT SAILORS, ¼ LEFT COASTER TURN, FULL LEFT TURN

- 1&2 Step left foot behind right foot, step right foot in place, step left foot to left side
3&4 Step right foot behind left foot, step left foot in place, step right foot to right side
5&6 Make ¼ left turn by stepping back on left foot (9:00), step right foot next to left foot, step forward onto left foot
7-8 Make ½ left turn by stepping back on right foot (facing 3:00), make another ½ left turn by stepping left foot forward(9:00)

Option: for those who do not wish to make the full turn, walk right, left

ROCK, RECOVER, ½ RIGHT SHUFFLE TURN, ROCK, RECOVER, LEFT ¼ LEFT CHASSE TURN

- 1-2 Rock forward onto right foot, shift weight onto left foot
3&4 Make a right ½ shuffle turn (right, left, right)
5-6 Rock forward onto left foot, shift weight onto right foot
7&8 Make ¼ left chasse turn (left, right, left)

REPEAT

TAG

Sway hips from right to left for two counts after dance completions 1,2 and 4
Sway hips from right to left for four counts after the dance completion 6