

Make A Change

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Craig Cooke (UK)
音樂: Man In the Mirror - Michael Jackson



CROSS SIDE SAILOR ¼ TURN RIGHT, CROSS ROCK RECOVER, ROCK RECOVER ROCK

1-2 Step right over left, step left to left side
3&4 Step right behind left, step left to left side making ¼ turn right, step forward onto right foot
5-6 Cross rock left over right, recover back onto right
7& Rock onto left foot, recover onto right
8 Rock onto left foot

STEP RIGHT FORWARD PIVOT ½ TURN LEFT TWICE, RIGHT SHUFFLE FORWARD, TOUCH & TOUCH

1-2 Step forward onto right foot pivot ½ turn left
3-4 Step forward onto right foot pivot ½ turn left
5&6 Step right foot forward, step left next to right, step right foot forward
7&8 Touch left toe next to right instep, touch left to out to left side, touch left to next to right instep (no weight on left foot)

SWAY HIP BUMP LEFT & RIGHT, LEFT CHASSE TO SIDE, SWEEP RIGHT LEG BEHIND LEFT MAKING ¼ TURN RIGHT, STEP BACK RIGHT, LEFT SHUFFLE FORWARD

1-2 Step left to left side while swaying hip to left side, sway hip to right
3&4 Step left to left side, step right next to left, step left to left side
5-6 Sweep right leg behind left while making ¼ turn right, and step onto right foot
7&8 Step left foot forward, step right next to left, step left foot forward

STEP RIGHT FORWARD PIVOT ½ TURN LEFT TWICE, TRIPLE FULL TURN RIGHT, ROCK AND STEP

1-2 Step forward onto right foot, pivot ½ turn left
3-4 Step forward onto right foot pivot ½ turn left
5&6 Make triple full turn traveling to the right stepping on a right, left, right
7&8 Rock left foot over right, recover onto right & step left to left side

REPEAT
