

# 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



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## **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**

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