

Mexican Changes

拍數: 32 牆數: 4 級數: Improver social cha
編舞者: Michael Diven (USA)
音樂: I've Been To Mexico - Blaine Larsen



STEP, DRAG, SHUFFLE FORWARD, STEP, DRAG, SHUFFLE BACKWARDS

- 1-2 Step left foot to left side, drag right foot next to left instep (weight on the right foot)
- 3&4 Left shuffle forward, stepping left, right, left
- 5-6 Step right foot to right side, drag left foot next to right instep (weight on the left foot)
- 7&8 Right shuffle backwards, stepping right, left, right

STEP BACK WITH ½ TURN, TOE TOUCH, SIDE SHUFFLE, LEG SWEEP, ¾ TURN STEP, SAILOR STEP

- 1-2 Step back on left foot and pivot ½ turn to the left, touch right toe next to left foot (6:00)
- 3&4 Right side shuffle to the right
- 5-6 Sweep left foot around in front or right while pivot in ¾ turn to the right, step weight down on left foot (3:00)
- 7&8 Right sailor step

STEP, PIVOT, STEP, COASTER STEP, STEP, PIVOT, STEP, PIVOT, CROSSING SHUFFLE

- 1-2 Step forward on left foot, pivot ½ turn to the left stepping back on the right foot (9:00)
- 3&4 Left coaster step in place
- 5 Step forward on right foot while pivoting ¼ turn to the left (6:00)
- 6 Pivot ½ turn left while stepping left foot to left side (12:00)
- 7&8 Cross shuffle stepping right over left, left to left side, right over left (12:00)

STEP, ¼ TURN, STEP, ½ TURN, SHUFFLE FORWARD, STEP, HIP SWAYS

- 1-2 Step left to left side while turning ¼ turn left (9:00), step right foot forward while turning ½ turn left (weight is on right foot) (3:00)
- 3&4 Left shuffle forward
- 5-6 Step forward on right foot moving hips to the right then back to the left
- 7&8 Shake hips right, left, right (weight ends up back on the right foot)

REPEAT
