

# No Change

拍數: 32      牆數: 4      級數: Improver  
編舞者: John Sharman (UK) & Pete Cranwell (UK)  
音樂: Nothings Changed Here - Speed Limit



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## POINT AND POINT AND POINT, HOLD

1&2      Point left toe to left side, step on left, point right toe to right side  
&3-4      Step on right, point left toe to left side, hold for one beat.

## CROSS, UNWIND, RIGHT SHUFFLE

5-6      Cross left foot over right, unwind a half turn dropping your weight on your left foot  
7&8      Step forward on right, step on left beside right, step forward on right

## POINT AND POINT AND POINT, HOLD

9&10      Point left toe to left side, step on left, point right toe to right side  
&11-12      Step on right, point left toe to left side, hold for one beat

## CROSS, UNWIND, RIGHT SHUFFLE

13-14      Cross left foot over right, unwind a half turn dropping your weight on your left foot  
15&16      Step forward on right, step on left beside right, step forward on right

## STEP, HOLD AND STEP, HOLD

17-18      Step forward on left foot, hold for one beat  
&19-20      Step on right besides left, step forward on left, hold for one beat

## KICK-BALL POINT, SAILOR STEP

21&22      Kick right foot forward, step on right beside left, point left toe to left side  
23&24      Step on left behind right, step on right beside left, step left foot forward

## PADDLE TURN, PADDLE TURN

25-26      Step right foot forward, make a quarter turn left  
27-28      Step right foot forward, make a quarter turn left

## JAZZ BOX, TURN, TOUCH

29-30      Step on right over left, step back on left making a quarter turn right  
31-32      Step on right beside left, touch left toe beside right foot

## REPEAT

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