

Rhythm Change

拍數: 32 牆數: 4 級數:
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音樂: Rico - Barrio Boyzz



STEP POINT ¼ TURN, BEHIND, ROCK, RECOVER, STEP, KNEE, ¼ TURN

- 1 Step left foot forward
- 2 Point right toe forward
- 3 Turn ¼ left on ball of left foot keeping weight on left foot . Right toe will stay in the same spot
- 4 Step right foot crossed behind left
- 5 Rock left foot to left side
- & Recover weight to right foot
- 6 Step left foot beside right
- 7 Bend right knee across left leg keeping ball of right foot on floor, right heel will lift out to right side
- 8 Turn ¼ right closing feet together

ROCK,RECOVER,STEP,KNEE,¼ TURN, STEP, POINT, STEP, POINT

- 1 Rock left foot to left side
- & Recover weight to right foot
- 2 Step left foot beside right
- 3 Bend right knee across left leg keeping ball of right foot on floor right heel will lift out to right side
- 4 Turn ¼ right closing feet together
- 5 Step left foot to left side turning body right 45-degree angle
- 6 Point right foot to right front 45-degree angle
- 7 Step right foot to right side turning body to left 45-degree angle
- 8 Point left foot to left front 45-degree angle

&, SIDE,¼ TURN, STEP, FORWARD,LOCK,FORWARD,¼ TURN, HOLD, STEP

- & Step left foot beside right
- 1 Step right foot to right side
- 2 Rock back with left foot turning ¼ left
- 3 Step forward with right foot
- 4 Step forward with left foot
- & Lock step right foot crossed behind left
- 5 Step forward with left foot
- 6 Turn ¼ right end with feet apart, weight on left foot
- 7 Hold
- 8 Step right foot to right side (basically where it is)

&, SIDE, ROCK, RECOVER, BACK & STEP BACK & STEP CLAP

- & Step left foot beside right
- 1 Step right foot to right side
- 2 Rock forward with left foot
- 3 Recover weight to right foot
- 4 Rock back with left foot
- & Recover weight to right foot
- 5 Step left foot beside right
- 6 Rock back with right foot
- & Recover weight to left foot

- 7 Step right foot beside left
- 8 Clap

REPEAT
