

Simple Changes

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Ganean De La Grange (USA)
音樂: Just Enough Rope - Rick Trevino



VINE RIGHT, LEFT HEEL FORWARD LEFT 45 DEGREES

- 1 Step right foot to right side
- 2 Step left foot cross behind right foot
- 3 Step right foot to right side
- 4 Touch left heel forward 45 degrees left (left leg is extended with left heel and toes pointing toward 10:30 o'clock, body facing 11:30-12:00 o'clock, right knee slightly bent).

DIAGONAL STEPS

- 5 Touch left heel out to left side, left leg extended, left heel parallel to right toes (left heel and toes pointing toward approximately 9:30-10:00 o'clock, body facing approximately 11:30-12:00 o'clock, right knee slightly bent).
- 6 Step left foot forward, but across front of right foot (left foot at least 12" forward of right foot, stepping into approximately 1:00 o'clock).
- 7 Touch right toe forward 45 degrees right (right leg extended with right toes pointing to approximately 1:30).
- 8 Step right foot diagonal back cross behind left foot (stepping right foot into approximately 7:30 o'clock, right foot at least 12" back from left foot).

LEFT HEEL, ¼ TURN LEFT, LEFT SHUFFLE, RIGHT HEEL, ¼ TURN RIGHT, RIGHT SHUFFLE

- 9 Touch left heel out to left side, left leg extended, left heel parallel to right toes (left heel and toes pointing toward approximately 9:30-10:00 o'clock, body facing 11:30-12:00 o'clock, right knee slightly bent).
- 10 Bend left knee as you cross left ankle area across front of right lower shin, keeping left foot close to floor with left toes pointing down. As you bend left knee, pivot ¼ turn left on right ball of foot (now facing 9:00 o'clock).
- 11 Step left foot slightly forward (½ beat)
- & Step right ball of foot slightly forward (right toes to approximately to left instep (½ beat)
- 12 Step left ball of foot slightly forward
- 13 Touch right heel out to right side, right leg extended, right heel parallel to left toes (right heel and toes pointing toward approximately 10:00-11:00 o'clock, body facing 9:00 o'clock).
- 14 Bend right knee as you cross right ankle area across front of left lower shin, keeping right foot close to floor with right toes pointing down. As you bend right knee, pivot right on left ball of foot (now facing 12:00 o'clock).
- 15 Step right foot slightly forward (½ beat)
- & Step left ball of foot slightly forward (left toes to approximately to right instep (½ beat))
- 16 Step right foot slightly forward..

CROSS, BACK, BACK, DIAGONAL

- 17 Step left foot across front of right foot, and slightly forward
- 18 Step right foot back and slightly to right side
- 19 Step left foot back
- 20 Touch right heel forward 45 degrees right (right leg extended with right heel and toes pointing approximately 1:30 o'clock, left knee slightly bent)

VINE RIGHT, LEFT HEEL FORWARD LEFT 45 DEGREES

- 21 Step right foot to right side, parallel to left foot
- 22 Step left foot cross behind right foot
- 23 Step right foot to right side

- 24 Touch left heel forward 45 degrees left (left leg extended with left heel and toes pointing toward approximately 10:30 o'clock, body facing 10:30-11:00 o'clock, right knee slightly bent).

STEP, HEEL, STEP, HEEL

- 25 Step left foot back, parallel to right foot, but approximately shoulder width apart.
26 Touch right heel forward 45 degrees right (right leg extended with right heel and toes pointing toward approximately 1:30 o'clock, body facing approximately 1-1:30 o'clock, left knee slightly bent).
27 Step right foot back, parallel to left foot, but approximately shoulder width apart.
28 Touch left heel forward 45 degrees left (left leg extended with left heel and toes pointing toward approximately 10:30 o'clock, body facing 10:30-11:00 o'clock, right knee slightly bent).

LEFT HEEL, ¼ TURN LEFT, LEFT SHUFFLE

- 29 Touch left heel to left side and slightly forward 45 degrees (left leg extended, with left heel and toes pointing toward approximately 9:30-10:00 o'clock, body facing 10:30-11:00 o'clock, right knee slightly bent).
30 Bend left knee as you cross left ankle area across front of right lower shin, keeping left foot close to floor with left toes pointing down. As you bend left knee, pivot ¼ turn left on right ball of foot (now facing 9:00 o'clock).
31 Step left foot slightly forward (½ beat)
& Step right ball of foot slightly forward (right toes to approximately left instep (½ beat)).
32 Step left foot slightly forward.

STEP, ¼ TURN LEFT, CROSS, TOUCH

- 33 Step right ball of foot forward
34 Pivot ¼ turn left (start pivot on right ball of foot, continue ¼ turn pivot on balls of both feet, ending with weight on left foot - now facing 6:00 o'clock).
35 Step right foot across front of left foot, and slightly forward (right foot approximately 10" - 12" to the left side of left foot and approximately 10" to 14" forward from left foot).
36 Touch left toe out to left side, parallel to where left foot is in step #35 (left leg extended).

LEFT SHUFFLE, RIGHT BRUSH, RIGHT STOMP (UP)

- 37 Step left foot forward (stepping into 6:00 o'clock (½ beat)).
& Step right ball forward (right toes to approximately parallel with left heel (½ beat)).
38 Step left foot slightly forward
39 Brush/move right foot forward and circle up (right ball of foot comes in contact with the floor on forward movement, right knee bending toward end of brush movement). . . continuing into next movement. . .
& Continuing leg movement up from step #39, right knee still bent with upper leg somewhat parallel to floor, lower right leg is somewhat perpendicular to floor) remember: steps #39 and #& forms a continuous circular motion.
40 Stomp (up) right foot beside left foot (weight still on left foot (½ beat)).
& Raise right foot slightly off floor (½ beat).

REPEAT
