

Things Change

拍數: 32 牆數: 4 級數: Improver
編舞者: Julia Jackson (USA)
音樂: Things Change - Memphis Roots



SCISSORS & HALF BOX FORWARD

- 1 Step to side on right foot
- 2 Close left foot to right foot
- 3 Step right foot across in front of left foot
- 4 Hold for 1 beat
- 5 Step to side on left foot
- 6 Close right foot to left foot
- 7 Step forward on left foot
- 8 Hold for 1 beat

"HEEL TOE" ROCKS - STEP & TURN ¼ (LEFT) - CROSS - STEP BACK

- 9 Rock forward on to right heel while lifting left heel off floor
- 10 Recover weight back on to left foot
- 11 Rock back on to right toe while lifting left heel off floor
- 12 Recover weight forward on to left foot
- 13 Take a small step forward on to right foot
- 14 Pivot ¼ left finishing with weight on left foot
- 15 Step right foot across in front of left foot
- 16 Step back on left foot

½ BOX BACK - TWO ¼ TURNS WITH CLAPS

- 17 Step to side on right foot
- 18 Close left foot to right foot
- 19 Step back on right foot
- 20 Hold for 1 beat
- 21 Turn ¼ left as you step on to left foot
- 22 Clap hands once
- 23 Pivoting on left foot turn another ¼ left landing on right foot
- 24 Clap hands twice in double time

WEAVE TO RIGHT - & CLAP - UNWIND & CLAP

- 25 Step left foot behind right foot
- 26 Step to side on right foot
- 27 Step left foot in front of right foot
- 28 Step to side on right foot
- 29 Step left foot behind right foot
- 30 Hold and clap once
- 31 Unwind ½ left
- 32 Hold and clap twice in double time

REPEAT