

Things Change

拍數: 48 牆數: 4 級數: Improver
編舞者: Kathy Janowicz (CAN)
音樂: Be Young, Be Foolish, Be Happy - Scooter Lee



KICKBALL POINT, HALF TURN, 2 SHUFFLES

1&2 Kick right foot forward, step right foot next to left, point left toe to left side
3-4 Cross left foot over right, unwind for ½ turn right (weight on left foot)
5&6 Step right foot forward, step left foot beside right, step right foot forward
7&8 Step left foot forward, step right foot beside, step left foot forward

SHUFFLE RIGHT, ROCK STEP, SHUFFLE LEFT, ROCK TURN

1&2 Step right foot to right side, step left foot beside right, step right foot to right side
3-4 Rock back on left foot, regain weight on right foot
5&6 Step left foot to right side, step right foot beside left, step left foot to left side
7-8 Rock back on right foot, turn ¼ turn right regain the weight on the left foot

STEP, TOE, HEEL, CROSS, CHASSE BACK, ROCK STEP

1-2 Step forward right foot, touch left toe 45 degrees left
3-4 Touch left heel 45 degrees left, step left foot across right
5&6 (Keeping left foot over right) step back right foot, step back left foot, step back right foot
7-8 Rock back on left foot, regain the weight on the right

STEP, TOE, HEEL, CROSS, CHASSE BACK, ROCK STEP

1-2 Step forward on left foot, touch right toe 45 degrees right
3-4 Touch right heel 45 degrees right, step right foot across left
5&6 (Keeping right over left) step back left foot, step back right foot, step back left foot
7-8 Rock back on right foot, regain the weight on the left foot

SAMBA FORWARD 4 TIMES

1&2 Step forward right foot, rock back on ball of left, replace weight forward on right foot
3&4 Step forward left foot, rock back on ball of right, replace weight forward on left foot
5-8 Repeat above 4 counts

SHUFFLE BACK, TRIPLE ½ TURN, STEP PIVOT, WALK, WALK

1&2 Step back right foot, bring left foot beside right, step back right foot
3&4 Turn ¼ turn left, step left foot to left side, step right foot together, turn ¼ turn left, step forward with left
5-6 Step right foot forward, pivot ½ turn right, left foot takes the weight
7-8 Step right foot forward, step left foot forward

REPEAT
