

Time For A Change

拍數: 64 牆數: 1 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: I'm Gonna Change Everything - Jim Reeves



- 1-2-3&4 Step right over left, step back on left, cha-cha to the right (right, left, right)
5-6 Cross/rock left over right, rock/return weight to right
7&8 Making ¼ turn left shuffle forward left, right, left
- 9-10-11&12 Step forward on right, hold, shuffle forward left, right, left making ½ turn right
13-14-15&16 Step back on right, hold, shuffle back left, right, left making ½ turn left
- 17-18 Step forward on right, pivot ¼ left transferring weight to left
19-20 Step forward on right, pivot ¼ left transferring weight to left
21&22 Shuffle forward right, left, right
23-24 Rock/step forward on left, rock back on right
- 25-26 Step back on left, touch right toe across left
27-28 Rock/step forward on right, rock back on left
29-30 Step back on right, touch left toe across right
31-32 Rock/step forward on left, rock back on right
- 33-34 Making ¼ turn left rock/step left to left side, rock/return weight to right
35&36 Step left behind right, step right to right, step left across right
37-38 Rock/step right to right, rock/return weight to left
39&40 Step right behind left, step left to left, step right across left
- 41-42-43-44 Toe strut to the left on left, toe strut right across left
45-46-47-48 Toe strut to the left on left, toe strut right across left
- 49-50 Making ¼ turn left rock/step forward on left, rock back on right
51&52 Shuffle back left, right, left
53-54 Toe strut back on right
55&56 Shuffle back left, right, left
- 57-58-59&60 Rock/step back on right, rock forward on left, shuffle forward right, left, right
61-62 Step forward on left, pivot ½ right transferring weight to right
& Step left beside right
63-64 Step forward on right, pivot ¼ left to face the front

REPEAT
