

Time To Change

拍數: 0 牆數: 1 級數: Improver
編舞者: Mark Cosenza (USA) & Glen Pospieszny (USA)
音樂: Time to Change - The Brady Bunch



Sequence: ABC, ABC, B-, CC

PART A

SCUFF, HITCH, STEP, SCUFF, HITCH, STEP, ROCK & SHOULDER ROLL PIVOT & STEP

- 1&2 Scuff right forward, hitch right, step right down directly in front of left
3&4 Scuff left forward, hitch left, step left down directly in front of right
Use as much energy as possible on the above counts to "groove" with the beat
5 Rock forward on right
&6 Recover onto left, touch back right toe
7-8 Roll right shoulder back making ½ turn to right with weight finishing on the left foot

HIP BUMPS ¼ LEFT, HIP BUMPS ¼ RIGHT, ROCK & TOUCH ¼ PIVOT LEFT

- 1&2 Stepping right ¼ to the left, bump hips right, left, right
3&4 Stepping left ½ to the right, bump hips left, right, left
5&6 Rock right forward, recover left, step right back
7-8 Touch left toe back, pivot ¼ left with weight finishing on left foot

17-32 Repeat counts 1-16 of Part A

PART B

SIDE STEP, TOGETHER, STEP, WEAVE BEHIND & IN FRONT, SIDE STEP, ROCK & TOUCH

- 1-3 Step side right, step left next to right, step side right
4&5 Step left behind right, step side right, step left across right
6 Step right side right
7&8 Rock left forward, recover right, touch left down

KICK & TOUCH X4

- 1&2 Kick left forward, step down on left, touch side right
3&4 Kick right forward, step down on right, touch side left
5&6 Kick left forward, step down on left, touch side right
7&8 Kick right forward, step down on right, touch side left

Optional hand movements: pump arms forward and back four times

SIDE STEP, TOGETHER, STEP, WEAVE BEHIND & IN FRONT, SIDE STEP, ROCK & TOUCH

- 1-3 Step side left, step right next to left, step side left
4&5 Step right behind left, step side left, step right across left
6 Step left side left
7&8 Rock right forward, recover left, touch right down

STEP TURN, LARGE STEP TURN & DRAG

- 1-2 Step forward right, pivot ½ turn left stepping onto left
3-4 Take a larger step forward on right, pivot ½ turn left stepping onto left
5 Drag right foot forward and touch down

PART B-

At the end of the song, only a portion of the chorus is repeated, therefore only repeat counts 17-29. In order to accommodate the transition into B-, you will need to change the final count of Part C done prior to B- from a

touch to a step

PART C

DIAGONAL SHUFFLE RIGHT, DIAGONAL SHUFFLE LEFT, ¼ RIGHT SHUFFLE, ¼ PIVOT TOUCH

1&2 Facing diagonal right, shuffle right, left, right

3&4 Facing diagonal left, shuffle left, right, left

5&6 Pivot ¼ right and shuffle right, left, right

Optional hand movements: pump arms forward and back three times

7&8 Pivot ¼ right step down on left, touch right and snap your fingers

9-16 Repeat counts 1-8
