

# X-Change

拍數: 56      牆數: 4      級數: Improver  
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音樂: Some Change - Boz Scaggs



## RIGHT TOE, HEEL, SAILOR SHUFFLE

1-2      Touch right toe in place, touch right heel in place  
3&4      Right sailor shuffle (cross right behind left, step left to side, step right next to left)

## LEFT TOE, HEEL, SAILOR SHUFFLE

5-6      Touch left toe in place, touch left heel in place  
7&8      Left sailor shuffle (cross left behind right, step right to side, step left next to right)

## SHUFFLE FORWARD, STEP, SLIDE

1&2      Shuffle forward on right (right-left-right)  
3      Step left forward(turn body to look over right shoulder)  
4      Slide right up to left (return body to face front)

## SHUFFLE FORWARD, STEP, ½ TURN

5&6      Shuffle forward on right (right-left-right)  
7-8      Step left forward, ½ pivot right

## LEFT TOE, HEEL, SAILOR SHUFFLE

1-2      Touch left toe in place, touch left heel in place  
3&4      Left sailor shuffle (cross left behind right, step right to side, step left next to right)

## RIGHT TOE, HEEL, SAILOR SHUFFLE

5-6      Touch right toe in place, touch right heel in place  
7&8      Right sailor shuffle (cross right behind left, step left to side, step right next to left)

## SHUFFLE FORWARD, STEP, SLIDE

1&2      Shuffle forward on left (left-right-left)  
3      Step right forward(turn body to look over left shoulder)  
4      Slide left up to right (return body to face front)

## SHUFFLE FORWARD, STEP, ¼ TURN

5&6      Shuffle forward on left (left-right-left)  
7-8      Step right forward, ¼ pivot left

## ZIG-ZAG SHUFFLES, STEP, ½ TURN

1&2      Shuffle forward to right diagonal (right-left-right)  
3&4      Shuffle forward to left diagonal (left-right-left)  
5&6      Shuffle forward to right diagonal (right-left-right)  
7-8      Step left forward, ½ pivot right

## ZIG-ZAG SHUFFLES, STEP, ½ TURN

1&2      Shuffle forward to left diagonal (left-right-left)  
3&4      Shuffle forward to right diagonal (right-left-right)  
5&6      Shuffle forward to left diagonal (left-right-left)  
7-8      Step right forward, ½ pivot left

## STEP, HOLD, TURN, HOLD, HEEL, HEEL, SLOW TURN

- 1-2 Step right forward, hold  
3-4  $\frac{1}{2}$  pivot left, hold  
5 Pivot  $\frac{1}{4}$  turn right (on balls of feet)  
& Tap both heels once  
6 Pivot  $\frac{1}{4}$  turn right (on balls of feet)  
& Tap both heels once  
7-8 Turn  $\frac{1}{2}$  to left (while rolling body up to vertical position. End with weight on left foot)

**REPEAT**

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