

Change Of Direction

拍數: 32 牆數: 0 級數:
編舞者: "Calamity" Jane Newhard (USA)
音樂: She Couldn't Change Me - Montgomery Gentry



Start this dance with weight on right. Touch & point left to left side

LEFT AND RIGHT CROSS, STEP, CROSS, TOE, HEEL TOUCHES

- 1&2 Cross step left behind right, step right to right, cross step left over right
3-4 Tap right toe beside left with right knee turned in, touch right heel forward
5&6 Cross step right behind left, step left to left, cross step right over left
7-8 Tap left toe beside right with left knee turned in, touch left heel forward

STEP TURN, SHUFFLE, ½ TURN SHUFFLE, ROCK BACK, RECOVER FORWARD

- 1-2 Step left forward, pivot ½ turn right
3&4 Shuffle forward left-right-left
5-6 Shuffle right-left-right making a ½ turn left
7-8 Rock back on left, recover forward on right

option

- 7 Raise right toe, keep right heel on floor, right leg straight. Bend left knee and bow at waist, touch right toe with right hand
8 Stand up to dance again

½ TURN SHUFFLE, ROCK BACK, RECOVER FORWARD, FULL TURN TO THE LEFT, SHUFFLE FORWARD

- 1&2 Shuffle left-right-left making a ½ turn right
3-4 Rock back on right, recover forward on left
5-6 Make a full turn to the left-step right forward ½ turn left, step left back ½ turn left
7&8 Shuffle forward right-left-right

STEP, ¼ TURN, CROSS SHUFFLE, STEP, ½ TURN, CROSS STEP, TOUCH

- 1-2 Step left forward, pivot ¼ turn right
3&4 Cross step left over right, step right small step right, cross step left over right
5-6 Step right to right, pivot on right and step left ½ turn left
7-8 Cross step right over left, touch left to left side

REPEAT