

Change Your Mind

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Mary Garner (UK)
音樂: Change Your Mind - Westlife



RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, ROCK STEP, COASTER STEP

1&2 Step forward on right, step left next to right, step forward on right
3&4 Step forward on left, step right next to left, step forward on left
5-6 Rock forward on right, recover on left
7&8 Step back on right, step left next to right, step forward on right

STEP ¼ TURN, CROSS SHUFFLE, 2X ¼ TURNS, MAMBO STEP

1-2 Step forward on left, pivot ¼ turn right
3&4 Cross left over right, step right next to left, cross left over right
5-6 Step back on right turning ¼ left, step forward on left turning ¼ left
7&8 Rock forward on right, recover on left, step right next to left

CROSS POINTS TWICE, CROSS, SIDE, SAILOR ¼ TURN

1-2 Cross left over right, point right to right side
3-4 Cross right over left, point left to left side
5-6 Cross left over right, step right to right side
7&8 Sweep left round turning ¼ left, step right next to left, step left next to right

TOE STRUTS RIGHT AND LEFT, ROCKING CHAIR

1-2 Touch right toes forward, step down on right
3-4 Touch left toes forward, step down on left
5-6 Rock forward on right, recover on left
7-8 Rock back on right, recover on left

GRAPEVINE RIGHT, GRAPEVINE LEFT (OPTIONAL ROLLING VINES)

1-2 Step right to right side, step left behind right
3-4 Step right to right side, touch left next to right
5-6 Step left to left side, step right behind left
7-8 Step left to left side, touch right next to left

MONTEREY ¼ TURNS RIGHT TWICE

1-2 Touch right to right side, step right next to left turning ¼ right
3-4 Touch left to left side, step left next to right
5-6 Touch right to right side, step right next to left turning ¼ right
7-8 Touch left to left side, step left next to right

WALKS FORWARD, ROCK AND CROSS, SIDE, BEHIND, CHASSE LEFT

1-2 Walk forward on right, walk forward on left
3&4 Rock right to right side, recover on left, cross right over left
5-6 Step left to left side, step right behind left
7&8 Step left to left side, step right next to left, step left to left side

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

1-2 Rock right over left, recover on left
3&4 Step right to right side, step left next to right, step right to right side turning ¼ right
5-6 Step forward on left, pivot ½ turn to right

7-8

Step forward on left, touch right next to left

REPEAT

RESTART

On the 4th wall dance the first 8 counts and then restart the dance from the beginning. There are no restarts if the dance is done to the alternative pieces of music
