

Changes

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Donna Laurin (CAN)
音樂: For a Change - Neal McCoy



1-2 Step side right, left behind
3-4 Touch right heel forward, cross ball change(step on right, cross left over right)

½ MONTEREY SPIN

5-6 Touch right toe to side, ½ turn right on ball of left foot transferring weight to right

7&8 3-step shuffle in place (left-right-left)
9-16 Repeat steps 1 to 8
17-18 3-step shuffle side right (right-left-right) turning ¼ right on last step
19-20 Rock forward left, rock back right
21&22 Turn ¼ left into 3-step side shuffle left (left-right-left) turning ¼ left on last step
23-24 Rock forward right, rock back left

RIGHT VINE ¼ TURN

25-28 Turn ¼ right on right, step left behind, ¼ turn right on right, step left together with right
29&30 Right kick ball touch (touch left to side)
31&32 Left kick ball touch (touch right to side)

WALK BACK ½ TURN

33-34 Step back on right, step left together with right turning left foot ¼ turn right
35-36 Turn ¼ right on right, kick left

WALK BACK ½ TURN

37-38 Step back on left, step right together with left turning right foot ¼ turn left
39-40 Turn ¼ left on left, kick right

REPEAT

Option for steps 25 to 28: do a rolling right vine with a ¼ turn at the end.