

Changing Steps

拍數: 48 牆數: 4 級數: Improver
編舞者: Tracy Stride (UK)
音樂: Take It Back - Reba McEntire



RIGHT & LEFT SAILOR STEPS, ½ TURN, PIGEON TOES (HEEL SPLITS)

- 1&2-3&4 Step right behind left, step left to left side, step right to right side. Step left to left side, step right to right side, step left to left side
- 5-8 Step slightly forward on right, turn on balls of both feet ½ turn left. Fan both heels out, bring both heels in

STEP LOCK STEP, TOE POINTS TWICE

- 9-12 Step forward on right, lock left behind right, step forward on right, point left to left side
- 13-16 Repeat steps 9-12 with left foot

JAZZ BOX ½ TURN, KICK BALL CHANGE, STEP TOUCH

- 17-20 Cross right over left, step back on left, step forward right as turn ½ turn right on ball of left foot, touch left next to right
- 21&22 Kick left forward, step left next right, step right in place
- 23-24 Step left to left side, touch right next to left

REVERSE RUMBA BOX, CLAP, HIP BUMPS WITH HOOK ¼ TURN

- 25-28 Step right to right side, step left next to right, step back on right, clap hands
- 29-32 Bump hips left, right, left, hook right foot across front of left turning ¼ to right

STEP KICKS TWICE, WALK BACK STOMP

- 32-35 Step forward on right, kick left, step forward on left, kick right
- 36-40 Walk back right, left, right stomp left beside right

EXTENDED TRAVELING VINE TO RIGHT THEN LEFT

- 40-48 Step right to right side, step left behind right, step right to right side, step left in front of right.
Step right behind left, step left to left side, step right in front of left, step left to left side

REPEAT
