

Changes

拍數: 0 牆數: 0 級數: Phrased Intermediate
編舞者: Val O'Connor (UK) - September 2008
音樂: Changes (Edited Version) - Will Young : (CD: Single)



INTRO: 8 COUNTS (START DANCE JUST BEFORE THE VOCALS START)

SEQUENCE: A,B,A,B THEN JUST DANCE B UNTIL THE END OF MUSIC

PART A

Cross R, Point L, Cross Shuffle, ½ Left, Sway R L

- 1-2-3&4 Cross right over left, point left to left side, cross left over right,(&) step right to right side, cross left over right.
5-8 Turn ¼ left stepping back on right, ¼ left stepping left to left side, sway right, left.

Cross Rock Side X 4 RLRL

- 1&2-3&4 Cross rock right over left, (&) recover weight on left, step right to right side, cross rock left over right, (&) recover weight on right, step left to left side.
5&6-7&8 Repeat 1 more time.

Step R Forward, Left Rock, ¼ L Chasse, Cross R, L Side Rock

- 1-3 Step forward onto right, rock forward onto left, recover weight on right.
4&5 Turn ¼ left stepping left to left side, (&) step right next to left, step left to left side.
6-8 Cross right over left, rock left to left side, recover weight stepping right to right side.

Cross Rock Side X 4 LRLR

- 1&2-3&4 Cross rock left over right, (&) recover weight onto right, step left to left side, cross rock right over left, (&) recover weight on left, step right to right side.
5&6-7&8 Repeat 1 more time.

Cross L, R Side Rock, ½ Sailor R, Touch & Step, Step L

- 1-3 Cross left over right, rock right to right side, recover weight onto left.
4&5 Cross right behind left, (&) turn ½ right stepping left to left side, step right slightly forward.
6&7-8 Touch left next to right, (&) step down on left, step forward on right, step forward on left.

Point Right Out In Out, L Rock Back Side, Cross R, Unwind,L Chasse

- 1&2 Point right to right side, (&) touch right next to left, step right to right side.
3&4 Rock back on left, (&) recover weight onto right, step left to left side.
5-6 Cross right over left (keeping weight on right), unwind full turn left.
7&8 Step left to left side, (&) step right next to left, step left to left side.

PART B

R Side Rock, Cross Shuffle, ½ Right, L Cross Shuffle

- 1-2 Rock right to right side, recover weight onto left.
3&4 Cross right over left (&) step left to left side, cross right over left.
5-6 Turn ¼ right stepping back on left, turn ¼ right stepping right to right side.
7&8 Cross left over right (&) step right to right side, cross left over right.

Point R, ¼ R , L Side Mambo, Full Turn, Step Turn Touch

- 1-2 Point right to right side, turn ¼ right stepping right next to left.
3&4 Rock left to left side, (&) recover weight onto right, step left next to right.
5-6 Turn ½ left stepping back on right, turn ½ left stepping forward on right. (or walk right left)
7&8 Step forward onto right, (&) turn ½ left stepping forward onto left, touch right next to left.

R Side Rock, Rock Back Point, Cross R, Unwind, L Coaster Step

- 1-2-3&4 Rock right to right side, recover weight onto left, rock back on right, (&) recover weight onto left, point right to right side.
- 5-6 Cross right over left (keeping weight on right), unwind $\frac{1}{2}$ left.
- 7&8 Step back on left, (&) step back right next to left, step forward onto left.

(&) Step R. Step L, R Touch Back Kick L, Behind Turn $\frac{1}{4}$ R, Step L, Touch&Touch, Point&Point, Step Down

- &1&2 (&) step right next to left, step forward onto left, (&) touch right next to left, step back on right at the same time kicking left forward.
- 3&4 Cross left behind right, (&) turn $\frac{1}{4}$ right stepping slightly forward onto right, step left to left side.
- 5&6&7&8& Touch right next to left, (&) step down on right, touch left next to right (&) step down on left, point right to right side, (&) step down on right, point left to left side (&) step down on left (ready to start on right foot)

DANCE A,B,A,B THEN JUST CONTINUE TO DANCE PART B UNTIL END OF MUSIC.

ENJOY, VAL X
