

# 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**

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