

My Lover Has Changed

COPPER KNOB
STEPSHEETS

拍數: 72 牆數: 4 級數: Phrased Low Intermediate
編舞者: GS Ang (MY) - December 2010
音樂: Wo Ai De Nan Ren Bian (我愛的男人變了心) - Vivian Chow (周慧敏)



Sequence of dance : A/B32,B,B,B32,B/A/B,B,B32,B32,B32,B,B16/A
Start after 32 counts.

SECTION A (36 counts)

OUT, OUT, IN, IN, RIGHT, TOGETHER, RIGHT, TOUCH

- 1-2 Step right out to right diagonal raising right hand, step left out to left diagonal raising left hand
3-4 Step right in to center placing right hand on left hip, step left together placing left hand on right hip
5-6 Step right to right side, step left together
7-8 Step right to right side, touch left together
(styling: 5-8 swing both hands forward and back on the sides)

OUT, OUT, IN, IN, LEFT, TOGETHER, LEFT, TOUCH

- 1-2 Step left out to left diagonal raising left hand, step right out to right diagonal raising right hand
3-4 Step left in to center placing left hand on right hip, step right together placing right hand on left hip
5-6 Step left to left side, step right together
7-8 Step left to left side, touch right together
(styling: 5-8 swing both hands forward and back on the sides)

RIGHT AND LEFT ROLLING VINES WITH TOUCHES

- 1-3 Right rolling vine on RLR
4 Touch left together
5-7 Left rolling vine on LRL
8 Touch right together

HIP BUMP RRRR, LLLL

- 1-4 Stepping right to right side, bump hips to the right x4 and move right hand from left to right
5-8 Shifting weight onto left, bump hips to the left x 4 and move left hand from right to left

RIGHT TOE STRUT, LEFT TOE STRUT

- 1-2 Touch right toes forward, step right heel down
3-4 Touch left toes forward, step left heel down

SECTION B (36 counts.)

ROCKING CHAIR, RIGHT LINDY

- 1-4 Rocking chair on RLRL
5-6 Cha cha to right side on RLR
7-8 Cross left behind right, recover onto right

HALF TURN RIGHT, FORWARD CHA CHA, PADDLE 1/4 TURN LEFT X 2

- 1-2 Turning 1/4 right step left back, turning 1/4 right step right to right side
3&4 Cha cha forward on LRL
5-6 Step right forward, 1/4 turn left shifting weight onto left
7-8 Step right forward, 1/4 turn left shifting weight onto left

CROSS, HOLD, LEFT, HOLD, LEFT NEW YORKER

- 1-2 Cross right over left, hold

3-4 Step left to left side, hold
5-6 Cross right over left, recover onto left
7&8 Cha cha to right side on RLR

CROSS, HOLD, LEFT, HOLD, CROSS ROCK, 1/4 TURN LEFT CHA CHA FORWARD

1-2 Cross left over right, hold
3-4 Step right to right side, hold
5-6 Cross left over right, recover onto right
7&8 Turning 1/4 left cha cha forward on LRL

RIGHT TOE STRUT, LEFT TOE STRUT

1-2 Touch right toes forward, step right heel down
3-4 Touch left toes forward, step left heel down

ENDING: when doing the last 4 counts of the final A, turn your head to 12.00

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