

Changed

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Mark Simpkin (AUS) - June 2012
音樂: Changed - Rascal Flatts : (Album: Changed - iTunes)



- 1-2& Rock R to R side (1), Replace weight on L (2), Step R together (&)
3-4& Rock L to L side (3), ¼ turn L Replace weight on R (4), ½ turn L Step L forward (&) (3:00)
5-6& Rock forward on R (5), Replace weight on L (6), ½ turn R Step R forward (&) (9:00)
7&8& ½ turn R Step L back (7), ½ turn R Step R forward (&), Step forward L (8), Step R together (&)
- 1-2& Step forward on L, ¼ turn R Pivot weight on R, Cross L over R (&) (12:00)
3-4& Rock R to R side, Replace weight on L, Cross R over L (&)
5-6 Rock L to L side, Replace weight on R
&7& Step L behind R (&), Step R to R side (7), Replace weight on L (&)
8& Step R behind L (8), Step L to L side (&)
- 1-2& Cross Rock R over L (1), Replace weight on L (2), ¼ turn R Step forward R (&)
3 Step forward on L while turning a full turn R on ball of L hooking R under L knee (3) (3:00)
4&5 Step forward R (4), Step L together (&), Step/Rock forward on R (5)
6& Step back/Replace on L (6), Step R together (&)
7&8& Step forward L (7), Step R together (&), Step back L (8), ¼ turn R Step R to R side (&) (6:00)
- 1-2& Cross L toe over R (1), Full Turn R Unwind putting weight on L (2) R, Step R to R side (&)
3-4& Cross Rock L over R (3), Replace weight on R (4), Step L together (&)
5-6& Rock forward on R (5), Replace weight on L (6), ½ turn R Step forward on R (&) (12:00)
7&8 Step/Replace weight on L (7), ½ turn R Step forward R (&), Step forward L (8) (6:00)

Restarts: On Walls 1, 2 & 4 - Restart on Count 26 (weight on L to start again, after the unwind)

Tag: At the end of Wall 3, just add the following

- 1-2& Rock R to R side (1), Replace weight on L (2), Step R together (&)
3-4& Rock L to L side (3), ¼ turn L Replace weight on R (4), ½ turn L Step L forward (&)
5-6& Rock forward on R (5), Replace weight on L (6), ½ turn R Step R forward (&)
7&8 ½ turn R Step L back (7), ½ turn R Step R forward (&), ¼ Turn R Step L to L side

Tag: At the end of Wall 7, Just add the following

- 1-2& Rock R to R side, Replace weight on L, Step R together
3-4& Rock L to L side, Replace weight on R, Step L together

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