

Changes

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Rene & Reg Mileham (UK) - December 2013
音樂: I'm Gonna Change Everything - Al Grant : (CD: The Essential Jim Reeves)



Start intro count after the word "YEAH" - 16 count intro - 118 bpm

Section 1: Kickball change x 2. Rocking chair

1 & 2 Kick Right foot forward. Step Right beside Left. Step Left beside Right
3 & 4 Kick Right foot forward. Step Right beside Left. Step Left beside Right
5 - 6 Rock Right forward. Recover onto Left.
7 - 8 Rock Right back. Recover onto Left.

Section 2: Sway. Hold. Back rock. Recover. Repeat to Left

1 - 2 Sway Right out to side, turning to left diagonal.. Hold
3 - 4 Cross Left behind Right. Recover onto Right
5 - 6 Sway Left out to side, turning to right diagonal . Hold
7 - 8 Cross Right behind Left. Recover onto Left

Section 3: Side. Close. Heel strut forward. Side. Close. Toe strut back.

1 - 2 Step Right to side. Close Left beside Right
3 - 4 Right heel strut forward. Drop toe
5 - 6 Step Left to side. Close Right beside Left
7 - 8 Left toe strut back, Drop heel

Section 4: Sailor Step. Sailor ¼ turn. Sway. Sway. Sway. Sway.

1 & 2 Cross Right behind Left. Step Left to side. Step Right beside Left
3 & 4 Cross Left behind Right, turning ¼ left. Step Right to right side. Step Left to place. 9.00
5 - 6 Sway Right to side. Sway Left to side .
7 - 8 Sway Right to side. Sway Left to side .

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