

# CHANGES

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**Count:** —                      **Wall:** —                      **Level:** Phrased Intermediate

**Choreographer:** Val O'Connor (Sept 08)

**Music:** Changes (Edited Version) by Will Young (CD: Single [85bpm])

**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 ½ 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 ¼ R, StepL, 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 ¼ 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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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=76471](https://www.linedance.com/index.php?f=dance_view&id=76471)