Men Don't Change

Choreographed by **Rachael McEnaney (UK) (September 2013)**
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Description:	48 Counts, 4 Walls, Beginner – two step rhythm.
Music:	"Men Don't Change" – Amy Dalley. Album: It's Time (available on itunes)
Count In:	16 counts from start of track, dance begins on vocals. Approx 100bpm.
Notes:	

Section	Footwork	End Facing
1 – 8	**Walk R, walk L, R fwd coaster step, back L, back R, L coaster step**	
1 2 3 & 4	Step forward right (1), step forward left (2), step forward right (3), step left next to right (&), step back right (4)	12.00
5 6 7 & 8	Step back left (5), step back right (6), step back left (7), step right next to left (&), step forward left (8)	12.00
9 - 16	**R side rock cross, L side rock cross, R chasse, L sailor with ¼ turn L**	
1 & 2	Rock right to right side (1), recover weight left (&), cross right over left (2)	12.00
3 & 4	Rock left to left side (3), recover weight right (&), cross left over right (4)	12.00
5 & 6	Step right to right side (5), step left next to right (&), step right to right side (6)	12.00
7 & 8	Cross left behind right (7), make ¼ turn left stepping right next to left (&), step forward left (8)	9.00
17 - 24	**R heel strut, L heel strut, R rocking chair, R heel strut, L heel strut, step R, ¼ pivot L, cross R**	
1 & 2 &	Touch right heel forward (1), drop right toe to floor *(weight right*)(&), touch left heel forward (2), drop left toe to floor *(weight left*)(&)	9.00
3 & 4 &	Rock forward right (3), recover weight left (&), rock back right (4), recover weight left (&)	9.00
5 & 6 &	Touch right heel forward (5), drop right toe to floor *(weight right*)(&), touch left heel forward (6), drop left toe to floor *(weight left*)(&)	9.00
7 & 8	Step forward right (7), pivot ¼ turn left (&), cross right over left (8)	6.00
25 - 32	**Side L, touch R, side R, touch L, L chasse, R jazz box with ¼ turn R**	
1 & 2 &	Step left to left side (1), touch right next to left (&), step right to right side (2), touch left next to right (&)	6.00
3 & 4	Step left to left side (3), step right next to left (&), step left to left side (4)	6.00
5 6 7 8	Cross right over left (5), make 1/8 turn right stepping back left (6), make 1/8 turn right stepping right to right side (7), step slightly forward left (8)	9.00
33 - 40	**R fwd rock, R side rock, R behind-side-cross, point L out-in-out, L behind, ¼ turn R, fwd L**	
1 & 2 &	Rock forward right (1), recover weight left (&), rock right to right side (2), recover weight left (&)	9.00
3 & 4	Cross right behind left (3), step left to left side (&), cross right over left (4)	9.00
5 & 6	Point left to left side (5), touch left next to right (&), point left to left side (6)	9.00
7 & 8	Cross left behind right (7), make ¼ turn right stepping forward right (&), step forward left (8)	12.00
41 - 48	**R fwd rock, R side rock, R behind-side-cross, ¼ turn L fwd L, ¼ turn L fwd R, ¼ turn L shuffle fwd.**	
1 & 2 &	Rock forward right (1), recover weight left (&), rock right to right side (2), recover weight left (&)	12.00
3 & 4	Cross right behind left (3), step left to left side (&), cross right over left (4)	12.00
5 6	Make ¼ turn left stepping forward left (5), make ¼ turn left stepping forward right (6) *NOTE: counts 5 6 7&8 – think of this as a ¾ turn walking round in a circle L-R-Lshuffle (take your time)*	6.00
7 & 8	Make ¼ turn left stepping forward left (7), step right next to left (&), step forward left (8)	3.00
END	**Dance will end facing the front on the jazz box**	

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format.
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