

RUNNING THROUGH THE CHANGES

Count: 48. Wall: 4. Level: Intermediate

Choreographer: Bob Reid (USA)

Music: **Nothing I Can Do About It Now** by Willie Nelson. Album: The Very Best of Willie Nelson

INTRO: 16 count. Weight on R. Two Tags.

BACK, ROCK, SHUFFLE 1/2 RIGHT, BACK, ROCK, SHUFFLE

1,2 Rock L back, Recover onto R

3&4 Turn ¼ right step L to left, Step R beside L, Turn ¼ right step L back

5,6 Rock R back, Recover on L

7&8 Step R forward, Step L beside R, Step R forward **[6:00]**

FORWARD, ROCK, SHUFFLE 1/2 LEFT, STEP, PIVOT 1/4 LEFT, BEHIND-SIDE-CROSS

1,2 Rock L forward, Recover onto R

3&4 Turn ¼ left step L to left, Step R beside L, Turn ¼ left step L forward

5,6 Step R forward, Pivot ¼ left (**weight on L**)

7&8 Step R behind L, Step L to left, Cross R over L **[9:00]**

SIDE, BEHIND-&HEEL-&-CROSS, SIDE, BEHIND-&-HEEL-&-CROSS

1,2 Step L to left, Step R behind L

&3&4 Step L back, Touch R heel forward, Step R back, Cross L over R

5,6 Step R to right, Step L behind R

&7&8 Step R back, Touch L heel forward, Step L back, Cross R over L

CHASSE LEFT 1/4 RIGHT, CHASSE RIGHT 1/4, CHASSE LEFT, BACK, TOUCH

1&2 Step L to left, Step R beside L, Turn ¼ right step L back

3&4 Step R to right, Step L beside R, Turn ¼ right step R forward

5&6 Step L to left, Step R beside L, Step L to left

7,8 Step R back, Touch L beside R **[3:00]**

CROSS, BACK, 1/4 LEFT CHASSE, CROSS, BACK, 1/4 RIGHT CHASSE

1,2 Cross L over R, Step R back

3&4 Turn ¼ left step L to left, Step R beside L, Step L to left **[12:00]**

5,6 Cross R over L, Step L back

7&8 Turn ¼ right step R to right, Step L beside R, Step R to right **[3:00]**

CROSS, ROCK, 1/4 LEFT SHUFFLE, STEP, PIVOT 1/4 LEFT, SAILOR

1,2 Cross Rock L over R, Recover onto R

3&4 Turn ¼ left step L forward, Step R beside L, Step L forward

5,6 Step R forward, Pivot ¼ left (**weight on L**) **[12:00]**

7&8 Step R behind L, Step L to left, Step R to right **[9:00]**

48 REPEAT

TAG: End of Wall 1 and Wall 2

REVERSE ROCKING CHAIR

1-4 Rock L back, Recover onto R, Rock L forward, Recover onto R