

Exchange

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Choreographed by: Adeline Cheng (MY), Heru Tian (INA)

& EWS Winson) Aug 2021

Choreographed to: Exchange by Zhou Shen

Intro: 16 Counts. Start at approx 18 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

Sequence: A, B, B, Tag 1, A*, B, B, A-, Tag 2, B, B, B, A (8), Ending

Part A	(36 counts)
SEC 1	1/2 BACK SWEEP, BEHIND, SIDE, CROSS, SIDE ROCK CROSS, BASIC NIGHTCLUB, PIQUÉ 1¾ (R)
1	Turn ½ L over L shoulder stepping RF back while sweeping LF from front to back (6:00)
2&3	Cross LF behind RF, step RF to R side, cross LF over RF
&4&	Rock RF to R side, recover weight on LF, cross RF over LF
5-6&	Take a big step LF to L side, rock RF behind LF, recover weight on LF slightly crossing over RF
7&	Turn ¼ R stepping RF forward lifting L knee to touch R calf into a figure 4 shape, turn ½ R stepping LF back (3:00)
8&	Turn ½ R stepping RF forward lifting L knee to touch R calf into a figure 4 shape, turn ½ R stepping LF back (3:00)
Option 1	
7&8&	May do chaîné turns 3:00
Option 2	
7&8&1	1/4 R with R Forward Extended Lock Steps ended with L Sweep
Option 3	
7&	Turn ¼ R stepping RF forward, turn ½ R stepping LF back
8&	Turn ½ R stepping RF forward, run forward on LF
SEC 2	1/2 FORWARD SWEEP, DIAMOND FALLAWAY 1/4, FORWARD ROCK & RECOVER HITCH, BACK SWEEP, BACK SWEEP
1	Turn ½ R stepping RF forward while sweeping LF from back to front (9:00)
2&3	Cross LF over RF, turn ½ L stepping RF to R side, step LF back (7:30)
4&5	Cross RF behind LF, turn ½ L stepping LF to L side, step RF forward (6:00)
6&	Rock LF forward, recover weight on RF while lifting L knee
Note	A* happens here Omit counts 7 and 8, then proceed with Section 3 on count 1
7-8	Step LF back sweeping RF from front to back, step RF back sweeping LF from front to back
SEC 3	BACK SWEEP, BEHIND, 1/8 SIDE, FORWARD SPIRAL FULL, CURVY RUN 1/8 SWEEP,
	CROSS, SIDE, BACK ROCK & RECOVER, SIDE
1	Step LF back sweeping RF from front to back 6:00
Note	Proceed here on A*
Note	A- happens here as well Add "Rock RF back, recover weight on LF" Then, proceed with Tag 2
2&3	Cross RF behind LF, turn ½ L step LF to L side, step RF forward making a spiral full turn L over L (4:30)
4&5	Run $\%$ in a curvy manner over L shoulder starting with LF-RF-LF while sweeping RF from back to front (12:00)
6&7	Cross RF over LF, step LF to L side, rock RF behind LF-open body to R diagonal

Recover weight on LF, step RF to R side-return body to central position

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SEC 4	BACK ROCK & RECOVER, HINGE % FORWARD & PASSÉ, KICK, BEHIND, 1/4 SIDE, 1/4 FORWARD PASSÉ, L FORWARD KICK, BACK, BACK ROCK & RECOVER, 1/4 SIDE
1&2&	Rock LF behind RF, recover weight on RF, turn ¼ R stepping LF back, turn % R stepping RF to R side 730
3	Step LF forward lifting R knee to touch L knee into a figure 4 shape-may kick RF forward 730
4&5	Cross RF behind LF, turn ½ L step LF to L side, turn ½ L step RF forward lifting L knee to touch R knee into a figure 4 shape (4:30)
Option	Kick LF forward
6&7	Step back on LF-RF, rock LF back
8&	Recover weight on RF, turn ½ R stepping LF to L side (6:00)
SEC 5	DEVELOPPE ½, FORWARD, FORWARD, HOLD
1&2	Flick RF back, turn ½ R on ball of LF making RF draw a circle from L to R and extending RF forward, step RF forward (12:00)
Note	Make it fluid
3-4	Step LF forward, hold for 1 count
Part B	(16 counts)
SEC 1	BASIC NIGHTCLUB, SIDE BODY SWAYS, SIDE, BEHIND, % SIDE, FORWARD, FORWARD ROCK & RECOVER
1-2&	Step RF to R side, rock LF behind RF, recover weight on RF slightly crossing over LF
3-4	Step LF to L side swaying body to L side, sway body to R side
5-6&	Step LF to L side, cross RF behind LF, turn % L stepping LF to L side (10:30)
7-8&	Step RF forward, rock LF forward, recover weight on RF
SEC 2	1/2 FORWARD SWEEP, FORWARD RAISE, LOCK, FORWARD SWEEP 1/8,
	MODIFIED SERPIENTE STEPS, BACK ROCK & RECOVER, PIVOT ½ X2
1	Turn ½ L stepping LF forward whilst sweeping RF from back to front (4:30)
2&	Step forward on ball of RF raising R heel, lock LF behind RF with both heels off the ground,
3	Step RF forward sweeping LF from back to front and turn ½ R (6:00)
4&5	Cross LF over RF, step RF to R side, cross LF behind RF sweeping RF from front to back
6&	Rock RF behind LF, recover weight on LF
7&8&	Step RF forward, turn ½ L shifting weight to LF, step RF forward, turn ½ L shifting weight to L
Option	R Rocking Chair
Tag	1
	FORWARD PRISSY WALKS
1-2	Step RF forward slightly crossing over LF, step LF forward slightly crossing over RF
Tag	2
	DIAGONAL SIDE & ARABESQUE, COLLECT & CLOSE WITH KNEES BENT
1	Step RF to R side slightly facing R diagonal while extending LF to L side
2	Collect and close LF beside RF with both knees bent
Ending	After finishing Section 1 of Part A,



Turn ½ R stepping RF forward while sweeping LF from back to front and make another ¼ R with LF crossing over RF