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Exchange<br>52 Count 2 Wall Phrased Advanced Level Dance.<br>Choreographed by: Adeline Cheng (MY), Heru Tian (INA)<br>\& EWS Winson) Aug 2021<br>Choreographed to: Exchange by Zhou Shen Intro: 16 Counts. Start at approx 18 secs.

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## Exchange

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SEC 4 BACK ROCK \& RECOVER, HINGE $5 / 8$ FORWARD \& PASSÉ, KICK, BEHIND, $1 ⁄ 8$ SIDE, 1⁄8 FORWARD PASSÉ, L FORWARD KICK, BACK, BACK ROCK \& RECOVER, $1 ⁄ 8$ SIDE
1\&2\& Rock LF behind RF, recover weight on RF, turn $1 / 4 R$ stepping LF back, turn $3 / 8 R$ stepping $R F$ to $R$ side 730
3 Step $L F$ forward lifting $R$ knee to touch $L$ knee into a figure 4 shape-may kick $R F$ forward 730
4\&5 Cross RF behind $L F$, turn $1 / 8 L$ step $L F$ to $L$ side, turn $1 / 8 L$ step $R F$ 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\& $\quad$ Recover weight on $R F$, turn $1 / 8 R$ stepping $L F$ to $L$ side (6:00)

SEC 5 DEVELOPPE ½, FORWARD, FORWARD, HOLD
1\&2 Flick RF back, turn $1 / 2 R$ 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, $5 / 8$ 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 $L F$ to $L$ side swaying body to $L$ side, sway body to $R$ side
5-6\& Step LF to $L$ side, cross RF behind $L F$, turn $5 / 8$ stepping $L F$ to $L$ side (10:30)
7-8\& Step RF forward, rock LF forward, recover weight on RF

SEC $211 / 2$ FORWARD SWEEP, FORWARD RAISE, LOCK, FORWARD SWEEP $1 ⁄ 8$, MODIFIED SERPIENTE STEPS, BACK ROCK \& RECOVER, PIVOT $1 ⁄ 2$ X2
1 Turn $1 / 2 L$ stepping $L F$ forward whilst sweeping RF from back to front (4:30)
2\& Step forward on ball of RF raising $R$ heel, lock $L F$ behind $R F$ with both heels off the ground,
3 Step RF forward sweeping LF from back to front and turn $1 / 8 R(6: 00)$
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 $1 / 2 L$ shifting weight to $L F$, step RF forward, turn $1 / 2 L$ 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 $R F$ to $R$ side slightly facing $R$ diagonal while extending $L F$ to $L$ side
2 Collect and close LF beside RF with both knees bent

Ending After finishing Section 1 of Part A,
Turn $1 / 2 R$ stepping RF forward while sweeping LF from back to front and make another $1 / 4 \mathrm{R}$ with LF crossing over RF

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