

## The Exchanges

56 Count, 2 Wall, Intermediate, WCS  
Choreographer: Christiane Favillier (Fr) April 2008  
Choreographed to: Disorder by Mark Chesnutt

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**1 to 8 STEP RIGHT, STEP LEFT, TRIPLE STEP FORWARD RIGHT, ROCKFORWARD LEFT, COASTER STEP BACKWARD LEFT**

1 2 R FWD, L FWD  
3&4 R TRIPLE STEP FWD  
5 6 L ROCK STEP FWD  
7&8 L COASTER STEP BACK

**9 to 16 STEP RIGHT, STEP LEFT, TRIPLE STEP FORWARD RIGHT, ROCKFORWARD LEFT, COASTER STEP BACKWARD LEFT**

1 2 R FWD, L FWD  
3&4 R TRIPLE STEP FWD  
5 6 L ROCK STEP FWD  
7&8 L COASTER STEP BACK

**17 to 24 TOE STRUT FORWARD R & L, TOE STRUT BACKWARD L & R,**

1 2 3 4 R toe fwd, then R heel, L toe fwd then L heel fwd  
5 6 7 8 R toe back, then R heel, L toe back then L heel

**25 TO 32 SYNCOPATED SPLIT (OUT OUT - IN IN) AND HOLD, BODY ROLL**

& 1 2 OUT R foot, OUT L foot and hold  
& 3 4 IN R foot, IN L foot, and hold  
5 6 7 8 Body roll (hip L, back, R and fwd)

**33 to 40 STEP RIGHT FORWARD WITH ¼ TURN LEFT, STEP RIGHT FORWARD WITH ½ TURN LEFT, KICK BALL CROSS RIGHT (X2)**

1 2 3 4 R fwd and ¼ turn L, R fwd and ½ turn L  
5 & 6 R Kick then R foot next to L and cross L in front of R, R Kick then R foot next to L and cross L in front of R  
7 & 8 R Kick then R foot next to L and cross L in front of R, R Kick then R foot next to L and cross L in front of R

**41 to 48 STEP DIAGONALLY RIGHT & TAP LEFT, STEP DIAGONALLY LEFT & TAP RIGHT, STEPS BACK & TOUCH**

1-8 R fwd in diagonal R and tap L toe next to R foot,  
L fwd in diagonal L and tap R toe next to L foot (x2)

**49 to 56 STEPS BACK & POINT, SYNCOPATED SPLIT, STEP RIGHT CROSS & FULL TWIST TURN LEFT**

& 1 Move back R and touch L toe in front of R foot  
& 2 Move back L and touch R toe in front of L foot  
& 3 Move back R and touch L toe in front of R foot  
& 4 Move back L and touch R toe in front of L foot  
& 5 OUT OUT (R foot on R, L foot on L)  
& 6 R foot crossed in front of L  
7 8 Make full twist turn L (finish L foot crossed in front of R foot)

**RESTART**

4th wall make the first 32 beats and (start again from the beginning)

**TAG (16)** T5th wall after first 32 beats, finish on the body roll, make 1&2&3&4&5&6&7&8 (switches R foot-L pointed foot fwd, R on R, L on L, (x2) and resume the dance until the end

**ENDING:** Big R slipped step R, bring back L foot next to R (change weight) Weight on L and start again from the beginning with R