

Life Changes

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Heather Barton & Suzi Beau – December 2017

Music: Life Changes by Thomas Rhett

Restart on wall 3 & 6 after 16 counts

SECTION 1 : STEP KICK COASTER STEP, RIGHT LOCK STEP, STEP ¼ CROSS

- 1,2** Step fwd on R, Kick L fwd
- 3&4** Step back on L, close R, Step fwd L
- 5&6** Step R fwd, Lock L behind R, step R fwd
- 7&8** Step fwd on L, pivot ¼ R taking weight onto R, Cross L over R

SECTION 2: HINGE ½ TURN L, CROSS SHUFFLE, SIDE ROCK , WEAVE, STOMP

- 1,2** Turn ¼ L stepping back on R, Turn ¼ L stepping L to L side
- 3&4** Cross R over L, Step L to L side, Cross R over L
- 5&6&** Rock L to L side, Recover R, Cross R over L, Step R to R side
- 7&8** Step L behind R, Step, R to R side, Stomp L beside R

Restart here wall 3 and 6

SECTION 3: VINE ¼ R, STEP PIVOT ½ . ¼ SIDE, BEHIND, ¼ L, FWD, MAMBO

- 1&2** Step R to R side, Step L behind R, Turn ¼ R stepping fwd R
- 3&4** Step fwd L, Pivot, ½ R, taking weight on R, Turn ¼ R stepping L to L side
- 5&6** Step R behind, L, Turn ¼ L Stepping fwd L, Step fwd R
- 7&8** Rock forward on L, recover R, Step back L

SECTION 4: BACK LOCK STEP, SAILOR ¼, HEEL SWITCH X4 MAKING ½ TURN L

- 1&2** Step back on R, Lock L over R, Step back R
- 3&4** Turn ¼ L stepping back L, Step R to R side, Step L to L side
- 5&6&** Making ¼ turn L Dig R heel fwd, replace, Dig L heel fwd, replace
- 7&8&** Making ¼ turn L Dig R heel fwd, replace, Dig L heel fwd, replace