



Life Changes

Choreographer: Heather Barton & Suzi Beau

Count: 32

Wall: 4

Level: Improver

Music: "Life Changes" by Thomas Rhett

www.country-stafke.be

Restart on wall 3 & 6 after 16 counts

SECTION 1 : STEP KICK COASTER STEP, RIGHT LOCK STEP, STEP $\frac{1}{4}$ 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 $\frac{1}{4}$ R taking weight onto R, Cross L over R

SECTION 2: HINGE $\frac{1}{2}$ TURN L, CROSS SHUFFLE, SIDE ROCK , WEAVE, STOMP

1,2 Turn $\frac{1}{4}$ L stepping back on R, Turn $\frac{1}{4}$ 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 $\frac{1}{4}$ R, STEP PIVOT $\frac{1}{2}$. $\frac{1}{4}$ SIDE, BEHIND, $\frac{1}{4}$ L, FWD, MAMBO

1&2 Step R to R side, Step L behind R, Turn $\frac{1}{4}$ R stepping fwd R
3&4 Step fwd L, Pivot, $\frac{1}{2}$ R, taking weight on R, Turn $\frac{1}{4}$ R stepping L to L side
5&6 Step R behind, L, Turn $\frac{1}{4}$ L Stepping fwd L, Step fwd R
7&8 Rock forward on L, recover R, Step back L

SECTION 4: BACK LOCK STEP, SAILOR $\frac{1}{4}$, HEEL SWITCH X4 MAKING $\frac{1}{2}$ TURN L

1&2 Step back on R, Lock L over R, Step back R
3&4 Turn $\frac{1}{4}$ L stepping back L, Step R to R side, Step L to L side
5&6& Making $\frac{1}{4}$ turn L Dig R heel fwd, replace, Dig L heel fwd, replace
7&8& Making $\frac{1}{4}$ turn L Dig R heel fwd, replace, Dig L heel fwd, replace

Start Again