



Dance: **Life Changes**
 Type: 32 Count, 4 Wall, Improver
 Choreographer: Heather Barton & Suzi Beau (UK)
 Choreographed to: Life Changes by Thomas Rhett (89 bpm, 3:07 min)

Intro: Start after count 16

Section 1 Step, Kick, Coaster Step, Step Lock Step, Step Pivot 1/4, Cross

1,2	Step right forward. Kick left forward	Step, kick
3&4	Step left back. Step right beside left. Step left forward	Coaster step
5&6	Step right forward. Lock left behind right. Step right forward	Step, lock, step
7&8	Step left forward. Pivot 1/4 turn right (3:00). Cross left over right	Step, pivot, cross

Section 2 Hinge 1/2 Turn, Cross Shuffle, Side Rock, Weave Right, Side, Stomp

1,2	Turn 1/4 left stepping right back. Turn 1/4 left stepping left to left side (9:00)	Turn, turn
3&4	Cross right over left. Step left to left side. Cross right over left	Cross shuffle
5&	Rock to side on left. Recover on right	Side rock
6&	Cross left over right. Step right to right side	Cross, side
7&8*	Cross left behind right. Step right to right side. Stomp left beside right	Behind, side, stomp

Section 3 Modified 1/2 Figure Of 8, Step, Mambo Step

1&2	Step right to right side. Cross left behind right. Step right 1/4 turn right	Side, behind, turn
3&4	Step left forward. Pivot 1/2 turn right. Turn 1/4 right stepping left to left side	Step, pivot, turn
5&6	Cross right behind left. Step left 1/4 turn left (6:00). Step right forward	Behind, turn, step
<i>Non-turning steps 1-6: Vine Right, Cross Rock, Vine 1/4 Left, Step</i>		
1&2	Step right to right side. Cross left behind right. Step right to right side	Side, behind, side
3&	Cross rock left over right. Recover on right	Cross rock
4&5&6	Step left to left side. Cross right behind left. Step left 1/4 turn left (6:00). Step right forward	Side, behind, turn, step
7&8	Rock forward on left. Recover on right. Step left beside right	Mambo step

Section 4 Back Lock Step, Sailor 1/4, Modified Heel Switch x 4

1&2	Step right back. Lock left over right. Step right back	Back, lock, back
3&4	Turn 1/4 left crossing left behind right (3:00). Step right to right side. Step left to left side	Sailor turn
5&	Touch right heel forward making 1/4 turn left (12:00). Step right beside left	Heel, &
6&	Touch left heel forward. Step left beside right	Heel, &
7&	Touch right heel forward making 1/4 turn right (9:00). Step right beside left	Heel, &
8&	Touch left heel forward. Step left beside right	Heel, &
<i>Non-turning steps 3-8: Sailor Step, Modified Heel Switch x 4</i>		
3&4	Cross left behind right. Step right to right side. Step left to left side	Sailor step
5&	Touch right heel forward. Step right beside left	Heel, &
6&	Touch left heel forward. Step left beside right	Heel, &
7&	Touch right heel forward making 1/4 turn right (9:00). Step right beside left	Heel, &
8&	Touch left heel forward. Step left beside right	Heel, &

Restart * Wall 3 (6:00) after 16 Counts (restart facing 3:00)
 * Wall 6 (9:00) after 16 Counts (restart facing 6:00)
