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| --- | --- |
| Life Changes |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Heather Barton (SCO) & Suzi Beau (ENG) - December 2017 | | | | |
| **Music:** | Life Changes - 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 |

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| --- | --- |
| 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 |