# Lifers

**拍数:** 32 　　　　**墙数:** 2 　　　　**级数:** Improver

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**音乐:** Lifers - Cody Jinks

The dance begins with the singing

## Heel Grind Turning ¼ R, Coaster Step, Rock Forward, ¼ Turn L/Chassé L

| | |
|---|---|
| 1-2 | Step forward with RF, just put on the heel (toes pointing left) - ¼ Turn right around and step back with left (turn toes pointing right) (3 o'clock) |
| 3&4 | Step back with RF, LF beside RF, step forward with RF |
| 5-6 | Step forward with LF, lift RF slightly up - weight back on the RF |
| 7&8 | ¼ Turn to the left and step with LF to the left (12 o'clock) - RF beside LF and step with LF to the left |

Restart: In the 3rd round - direction 12 o'clock - stop here and start again
Restart: In the 5th and 8th round - direction 6 o'clock - stopt here and start again

## Cross, Side, Sailor Step, Cross, Side, Behind-Side-Cross

| | |
|---|---|
| 1-2 | Cross RF over LF - step with LF to left |
| 3&4 | Cross RF behind LF - Step with LF to left and weight back on the RF |
| 5-6 | cross LF over RF – step with RF to right |
| 7&8 | cross LF behind RF - step with RF to right, cross LF over RF |

## Figure of 8 Vine Turning ¼ L

| | |
|---|---|
| 1-2 | Step RF to right, cross LF behind RF |
| 3-4 | ¼ Turn right and step forward with RF (3 o'clock) - step forward with LF |
| 5-6 | ½ Turn right on both bales, weight at end right - ¼ Turn right and step with LF to left (12 o'clock) |
| 7-8 | Cross RF behind left - ¼ Turn left and step LF to left (9 o'clock) |

## Chassé R, ¼ Turn L/Rock Back, Step, Lock, Locking Shuffle Forward

| | |
|---|---|
| 1&2 | Step with RF to right, LF beside RF, step with RF to right |
| 3-4 | ¼ Turn left and step back with LF, lift RF (6 o'clock) - Weight back on the RF |
| 5-6 | Step forward with LF- cross RF behind LF |
| 7&8 | Step forward with LF- cross RF in behind LF and step forward with LF |

Repeat until the end

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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