

# Life Changes

---

**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  
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