



Life Changes

32 Count, 4 Wall, Improver

Choreographer: Heather Barton & Suzi Beau (UK)

Choreographed to: Life Changes by Thomas Rhett

STEP KICK COASTER STEP, RIGHT LOCK STEP, STEP ¼ CROSS

- 1,2 Step forward on R, Kick L forward
3&4 Step back on L, close R, Step forward L
5&6 Step R forward, Lock L behind R, step R forward
7&8 Step forward on L, pivot ¼ R taking weight onto R, Cross L over R

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 L over R, 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 after 16 counts

VINE ¼ R, STEP PIVOT ½. ¼ SIDE, BEHIND, ¼ L, FORWARD, MAMBO

- 1&2 Step R to R side, Step L behind R, Turn ¼ R stepping forward R
3&4 Step forward 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 forward L, Step forward R
7&8 Rock forward on L, recover R, Step back L

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 forward, replace, Dig L heel forward, replace
7&8& Making ¼ turn L Dig R heel forward, replace, Dig L heel forward, replace