

# Lifer

**Count:** 32

**Wall:** 2

**Level:** Improver Contra

**Choreographer:** Stephanie Selymes - June 2018

**Music:** Lifer - MercyMe



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## **SECT-1: ROLLING GRAPEVINE RIGHT WITH CLAP, ROLLING GRAPEVINE LEFT WITH CLAP**

- 1, 2 Step R making  $\frac{1}{4}$  turn right, step forward L making  $\frac{1}{4}$  right
- 3, 4 Step out R making  $\frac{1}{2}$  right, touch L together & clap
- 5, 6 Step L making  $\frac{1}{4}$  turn left, step forward R making  $\frac{1}{4}$  left
- 7, 8 Step out L making  $\frac{1}{2}$  left, touch R together & clap

## **SECT-2: SKATE BACK R, L, R, L, POINT R BACK, $\frac{1}{2}$ TURN, $\frac{1}{4}$ TURN, CLAP, CLAP**

- 1, 2, 3, 4 Slide back diagonally R, slide back diagonally L, Slide back diagonally R, slide back diagonally L
- 5, 6 Point R toe back, unwind  $\frac{1}{2}$  turn over right shoulder (weight to R)
- 7 & 8 Make  $\frac{1}{2}$  turn right stepping back on L, clap hands twice

## **SECT-3: WALK, WALK, ROCK, RECOVER STEP x2**

- 1, 2 Step forward R, step forward L
- 3 & 4 Rock out R, recover L, step forward R (lines should pass each other here)
- 5, 6, 7 & 8 Step forward L, step forward R, rock out L, recover R, step forward L

## **SECT-4: ROCK, RECOVER, TRIPLE $\frac{1}{2}$ TURN, SLIDE, KICK BALL CHANGE, CLAP, CLAP**

- 1, 2 Rock forward R, recover back L
- 3 & 4 Step out R making  $\frac{1}{4}$  right, step together L, step out R making  $\frac{1}{4}$  turn right
- 5 Slide forward diagonally L (lines come back together facing each other)
- 6&7&8 Kick R forward, step down R, step L together, clap hands twice

**Contact:** [steph.does.dance@gmail.com](mailto:steph.does.dance@gmail.com)

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