

# Change Your Life

**COPPER** **KNOB**  
BY STEPHENETS

Compte: 32

Mur: 4

Niveau: Intermediate NC

Chorégraphe: Maryloo (FR) - January 2018

Musique: Change Your Life - Little Mix



Intro : 8 + 16 counts

Alt. music : Little Me » ( unplugged) by Little Mix ( No Restart !- intro 16 counts

**R NIGHTCLUB BASIC, L NIGHTCLUB BASIC, R FWD, L FWD, 1/2 PIVOT R, L FWD, ½ TURN L, ¼ TURN L.**

- 1-2& Step R to side, rock L behind R., recover on R.
- 3-4& Step L to side, rock R behind L, recover on L
- 5-6& Step R forward, step L forward, pivot ½ turn right ( weight on R) (6.00)
- 7-8& Step L forward, ½ turn to left stepping R back (12.00), ¼ turn to left, stepping L to side (9.00)

**CROSS ROCK STEP R, CROSS ROCK STEP L, STEP PIVOT ½ TURN L, FULL TURN L, R FWD, L FWD**

- 1-2& Cross R over L, recover on L, step R to side
- 3-4& Cross L over R, recover on R, step L to side
- 5-6 Step R forward, pivot ½ turn left ( weight on L) (3.00)
- 7&& ½ turn left stepping R back (9.00), ½ turn left stepping L forward( 3.00), step R forward, step L forward

**\*Restarts here on the 2nd, 5th and 8th wall**

**¼ TURN L STEPPING R TO SIDE, BACK ROCK ½ R, BACK ROCK 1/4 L, L SAILOR, R SAILOR**

- 1 ¼ turn to L and step R to side ( 12.00)
- 2&3 Rock L back, recover on R, turn ½ turn right stepping L back (6.00)
- 4&5 Rock R back, recover on L, turn 1/4 turn left stepping R to side ( 3.00)
- 6&7 Step L behind R, step R to side, step L to side (moving back slightly )
- &&8 Step R behind L, step L to side, step R to side ( moving back slightly )

**L BEHIND, ¼ TURN R STEPPING R FWD, STEP PIVOT ½ TURN R, L FWD, FULL TURN L, ¼ TURN L STEPPING R TO SIDE, SWAYS (L.R.L.)**

- 1-2 Step L behind R, ¼ turn right stepping R forward (6.00)
- 3&4 Step L forward, pivot ½ turn right ( weight on R) (12.00), step L. forward
- 5&6 ½ turn left stepping R back (6.00), ½ turn left stepping L forward ( 12.00), ¼ L stepping R to R side (9.00)
- 7- 8& Step L to side swaying to left, sway to right, sway to left
- 1 Take the beginning of the dance : Step R to side.....

**\*RESTART : ( (Music : « Change Your Life » only ! )**

**On the 2nd wall , after 16 counts ( 12.00 )**

**On the 5th wall , after 16 counts ( 9.00 )**

**On the 8th wall, after 16 counts ( 6.00 )**

**ENDING :**

**Cross R over L, unwind 1/4 turn left, to finish at 12.00 o' clock !**

Contact Choreographer : Maryloo : [malouwin@hotmail.fr](mailto:malouwin@hotmail.fr) - WEBSITE : [www.line-for-fun.com](http://www.line-for-fun.com)

Last Update - 17th Jan. 2018