

Life Changes

Compte: 32

Mur: 4

Niveau: Easy Intermediate



Chorégraphe: Christine Stewart (NZ) - March 2019

Musique: Sixteen - Thomas Rhett : (Album: Life Changes - 3:03)

I choreographed this dance especially for my friend Selina who asked me to teach a dance at her recent birthday celebration.

It was such a privilege to be asked to do this. Thank you Selina.

Intro: 16 counts from when heavy beat kicks in

Begin facing 12:00 with weight on Left and Right touched beside Left

[1 – 8] STEP-LOCK, STEP-LOCK-STEP, ROCK FORWARD, RECOVER BACK, ¼ TURN LEFT , SCUFF FORWARD

- 1-2 Step Right forward and slightly to right diagonal, step onto Left behind Right
- 3&4 Step Right forward, step onto Left behind Right, step Right forward (still on the slightly to right diagonal for these counts)
- 5-6 Step/rock Left forward straightening up to 12:00, recover back onto Right
- 7-8 Turn ¼ left and step Left to left side, scuff Right forward and slightly to left diagonal as this will help with getting into count 9 below (9:00)

[9 – 16] RIGHT HEEL GRIND, ROCK BACK, SIDE SHUFFLE RIGHT, ROCK BACK, SWEEP

- 1-2 Touch Right heel forward (1), step Left to left side and AT THE SAME TIME on Right heel twist Right to right (2)
- 3-4 Step/rock Right back, recover forward onto Left
- 5&6 Step Right to right side, step onto Left beside Right, step Right to right side
- 7-8 Step/rock Left back, sweep Right around from front to back

***Restart 1 happens here after count 16 during wall 3 facing 3:00.**

Change counts 7-8 above during wall 3 as follows:

STEP BACK, RIGHT HEEL HOOK

- 7-8 Step/rock Left back, hook/touch Right heel against Left shin then dance start again from the beginning

****Restart 2 happens here after count 16 during wall 7 facing 9:00.**

Add the following 4 count TAG after count 16 then start the dance again from the beginning

STEP BACK, LEFT HEEL HOOK, STEP FORWARD, BRUSH

- 1-2 Step Right back, hook/touch Left heel against Right shin
- 3-4 Step Left forward, brush Right forward

[17 – 24] STEP BACK, LEFT HEEL HOOK, LOCK STEP FORWARD, ROCK FORWARD, RECOVER BACK, ½ SHUFFLE TURN RIGHT, BRUSH FORWARD

- 1-2 Step Right back, touch Left heel against Right shin
- 3&4 Step Left forward, step onto Right behind Left, step Left forward
- 5-6 Step/rock Right forward, recover back onto Left
- 7&8& Turn ¼ right and step Right to right side, step onto Left beside Right, turn ¼ right and step Right forward, brush Left forward (3:00)

[25 – 32] JAZZ-BOX CROSS, SIDE, TOUCH, RIGHT HEEL HOOK

- 1-4 Cross Left over in front of Right, step Right back, step left to left side, cross Right over in front of Left
- 5-6 Step Left to left side, touch Right beside Left

***ENDING: Add the following 4 count ending after count 30 during wall 10 facing 6:00**

*½ TURN RIGHT, SIDE, TOUCH BEHIND, HOLD

***1-4 Turn ¼ right and step Right forward (9:00), turn ¼ right and step Left to left side (12:00), touch Right**

behind Left, hold

7-8 Touch Right forward angling the body slightly to the right diagonal, hook/touch Right heel against Left shin

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