

Life Changes

拍数: 32 墙数: 4 级数: Improver
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音乐: 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