

# Change Your Life

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

拍数: 32                      墙数: 4  
编舞者: Maryloo (FR) - January 2018  
音乐: Change Your Life - Little Mix

级数: Intermediate NC



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&&8                      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 - WEBSITE : www.line-for-fun.com**

**Last Update - 17th Jan. 2018**