

# Life Changes

COPPERKNOB  
BY STEPHEN HETS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Christine Stewart (NZ) - March 2019  
音樂: 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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