

# Lifer

拍數: 32      牆數: 4      級數: Improver  
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音樂: Lifer - MercyMe



Intro: 8 Counts

(1 Restart on wall 6 after 16 counts)

## Syncopated Vine R, Touch Out, Touch In, 4 Walks making 3/4 turn R

- 1-2&      Step RF to R side, Cross LF behind RF, Step R to R side
- 3&4      Cross LF in front of RF, Touch RF to R side, Touch RF next to LF
- 5-6      Make a 1/4 turn R and Step RF forward, Make a 1/4 turn R and Step LF forward
- 7-8      Make a 1/4 turn R and Step RF forward, Step LF forward (Now facing 9:00)

## Slide R, Slide L, Back, Back, Back, Ball, Cross,

- 1-2      Take a big step to R diagonal with RF, Touch LF next to RF
- 3-4      Take a big step to L diagonal with LF, Touch LF next to RF
- 5-6      Step back on RF, Step back on LF
- 7&8      Step back on RF, Close LF next to RF, Cross RF in front of LF

(Restart: on wall 6 when you dance the restart here, replace the Ball Cross with a Step LF next to RF, So that the weight is on the correct foot to start the dance again. You should restart the dance facing 12:00)

## 1/4 turn L, 1/2 turn L, L Coaster step, Skate R, Skate L, Shuffle forward

- 1-2      Make a 1/4 turn L and step forward on LF, Make a 1/2 turn L and step back on RF (Now facing 12:00)
- 3&4      Step back on LF, Close RF next to LF, Step forward on LF
- 5-6      Skate to R with RF, Skate to L with LF (can be replaced with Boogie Walks)
- 7&8      Step forward on RF, Close LF next to RF, Step forward on RF

## Cross, 1/4 turn L, Chasse L, Pivot 1/2 turn L, Side switches

- 1-2      Cross LF in front of RF, Make a 1/4 turn L and step back on RF (Now facing 9:00)
- 3&4      Step LF to L side, Close RF next to LF, Step LF to L side
- 5-6      Step forward on RF, Make a 1/2 turn pivot L (Now facing 3:00)
- 7&8&      Touch RF to R side, Step RF next to LF, Touch LF to L side, Step LF next to RF